





# fresh tomato pasta



gluten-free



nut-free



sugar-free



soy-free



2 servings



20-25 min

## Ingredients:

### **Pasta:**

**200 g** gluten-free or regular pasta  
**a big pinch** of salt  
water

### **Sauce:**

**1 kg (6 medium-sized)** good tomatoes  
**60 g (14 medium-sized)** garlic cloves  
**a few pinches** of salt  
**a splash** of vegetable oil

### **Toppings:**

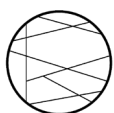
cashewgianno or nutritional yeast  
basil leaves  
good quality olive oil

## Instructions:

1. Start by peeling 1 kg of tomatoes. To do it cut the skin of the tomatoes crosswise and place the tomatoes in a big pot. Make sure you cut just the surface of the tomatoes, do not cut too deep into the flesh.
2. Pour boiling water over the tomatoes. Make sure that the tomatoes are submerged and let them sit for a few minutes.
3. After a few minutes, take them carefully out with the fork and peel the skin off of them using the knife. Make sure you are careful not to burn yourself as the tomatoes will be a bit warm.
4. Then chop the tomatoes finely and place in a bowl alongside the juice the tomatoes released.
5. Peel 14 cloves of garlic and slice them thinly.
6. Heat a bit of vegetable oil on the pan and add in the garlic and a pinch of salt. Fry the garlic for a few minutes and add in the chopped tomatoes. Add in another pinch of salt salt, mix and let the tomatoes simmer for about 10 minutes until they reduce.
7. In the meantime, cook 200 g of pasta with a big pinch of salt.
8. Once the tomatoes are reduced into a thick sauce, taste it and add salt if needed.
9. Serve the pasta with the sauce topped with fresh basil leaves and nutritional yeast or cashewgianno from my other recipe.


## Notes & tips:

1. Peeling tomatoes might sound a bit weird, but trust me! It's so worth it.
2. You can use the tomato peels in vegetable spreads, freeze and add to veggie smoothies, soups or to make vegetable broth.
3. It sounds like a lot of garlic, but it's the garlic that makes the sauce incredible, so don't try to reduce it.



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