

# LOW FODMAP PASSATA

Servings 1 | Prep Time 5 mins | Total Time 4mins

## INGREDIENTS

- 1.5 kg Fresh Tomatoes
- 4 Garlic Cloves\*
- 10g Olive Oil\*
- 1 teaspoon Salt



## CONVENTIONAL METHOD

1. Wash and dice the Tomatoes into quarters, then blitz them quickly using a stick blender or a food processor.
2. Add Peeled Garlic cloves with the ends sliced off and Olive Oil to a large pot. Fry the Garlic for 6-10 minutes on medium-high heat.
3. Remove the Garlic clove and set them aside (Make sure you remove all 4 pieces of garlic from the pot!)
4. Add the tomatoes and salt to the pot and cook on medium heat, with the pot only partly covered (to prevent spatter) for 25-30 minutes.
5. Once cooked take the pot off the heat and blitz the tomatoes with a stick blender or food processor until it is smooth.
6. Pour into sterilised jars and seal, or use straight away.

## THERMOMIX METHOD

1. Add Peeled Garlic cloves with the ends sliced off and Olive Oil into the Thermomix bowl. Cook the Garlic for 6 mins / Varoma / Reverse & Stirring Speed.
2. Remove the Garlic clove and set them aside (Make sure you remove all 4 pieces of garlic from the pot!)
3. Wash and dice the tomatoes into quarters.
4. Add the tomatoes and salt to the Thermomix bowl and cook 100C / 25 mins / speed 2. Place the Simmering basket (not the MC) over the lid to prevent spatter.
5. Once cooked, let the passata cool for a few mins then blitz for 30 secs / speed 9.
6. Pour into sterilised jars and seal, or use straight away.

### Tips:

\* If you prefer, you can just use Garlic Infused Olive Oil

\*\* Feel free to add other flavourings such as leek or spring onion (green tops only for the fodmappers), fresh or dried herbs, chilli or other spices!

\*\*\* You can also use half tomatoes and half red capsicums for another twist