

# Salsa Magro (Lean Pasta Sauce)

Also useful as a sauce for fish or chicken – will serve 6-8 in this case (add in capers for fish and sage or rosemary for chicken).

SERVES: 4

PREPARATION TIME: 10 minutes

COOKING TIME: 50 minutes

## Ingredients

- 2 x 500g bottles of Passata
- 80g Chestnut or Button Mushrooms, chopped
- 140ml Filippo Berio Gusto Fruttato Olive Oil (or Extra Virgin)
- 2 tbsp Filippo Berio Mild & Light Olive Oil
- 60g Pine Nuts
- 4 Anchovies, diced
- 2 Shallots, finely diced (or one red onion)
- 1 tbsp Filippo Berio Red Wine Vinegar
- 1 tsp Cornflour
- Salt and Pepper
- Pinch of Sugar
- Parmesan rind, chopped
- Fresh basil and thyme, chopped

## Method

1. Toast the pine nuts in a dry pan over a low heat until they start to go golden brown.
2. Transfer the pine nuts to a pestle and mortar (or blender) and crush with a pinch of salt and the cornflour.
3. Gently fry the chopped shallots in the Mild and Light olive oil over a medium heat for about 10 minutes (until they start going translucent).

Agitate or stir occasionally.

4. Add the anchovies and fry until they start to melt. Again, you'll need to stir or agitate from time to time.
5. Add in the passata, parmesan rind, mushrooms, crushed pine nuts and Gusto Fruttato olive oil. Season with salt, pepper and a large pinch of sugar.
6. Let simmer until the juice starts to dry off, stirring occasionally, and then add 120ml of boiled water. You should know when it's done when the sauce has a thick custard consistency.
7. Leave to simmer for 30 minutes, checking on it regularly to ensure it's not catching on the bottom. If it's drying out too quickly add a little more water.
8. Add in the chopped herbs and taste, adjusting the seasoning to your taste.
9. Can be served immediately with pasta or gnocchi. See other options in 'Cooks Tips'. Store in the fridge if not using immediately or suitable for freezing.