

Fresh for Kids®

# Roma tomato & pork sausage pasta



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**Preparation:** about 15 minutes  
**Cooking:** about 35 minutes  
**Serves:** 4

600g ripe Roma (egg) tomatoes  
1 tbs olive oil  
1 onion, finely chopped  
6 (about 500g) Italian-style pork sausages  
1 carrot, finely diced  
1 stick celery, finely diced  
2 garlic cloves, crushed  
1 cup tomato passata sauce  
½ cup beef stock or water  
350g dried rollini, fusili or spiral pasta  
Salt and ground black pepper

1. Cut a small cross in the skin at one end of tomatoes. Place tomatoes in a heatproof bowl and pour over boiling water to cover. Stand for 1 minute. Rinse in cold water and peel. Deseed and chop tomatoes. Set aside.
2. Heat oil in a large deep frying pan over medium-high heat. Add onion and cook, stirring often, for 3 minutes. Increase heat to high, cut sausage casings with scissors and crumble small pieces sausage meat into pan (discard casings). Cook, stirring often, for 5-6 minutes until well browned. Add carrot, celery and garlic and cook, stirring often, for 5 minutes. Add tomatoes, tomato sauce and stock or water, partially cover and cook, stirring occasionally, over medium-low heat for 25-30 minutes until tomatoes are very tender.
3. Meanwhile, cook pasta in a large saucepan of boiling water following packet directions until al dente. Drain pasta and return to pan. Add tomato and sausage sauce. Season with salt and pepper to taste. Toss until well combined. Spoon into serving bowls and serve.

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### Roma tomatoes

- An excellent source of vitamin C, which the body uses to defend itself against infection.
- Provide potassium which is used by the body to balance adverse effects of the sodium in salt.

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