

JAMIE OLIVER'S ITALIAN SPAGHETTI

250 g	spaghetti, broken in half
25 mL	olive oil
¼	white onion, diced
¼	red onion, diced
2	cloves of garlic, minced
½	Italian sausage, chopped
15 mL	sundried tomatoes, minced
25 mL	crushed tomatoes
80 mL	canned diced tomatoes
15 mL	fresh basil, (cut in a chiffonade)
2-5 mL	sugar
10-15 mL	sundried tomato oil
5 mL	dried parsley
2 mL	dried basil
3-5 mL	sea salt
1 mL	pepper
5 mL	crushed dry red chili (optional)

METHOD:

1. Fill a large pot 2/3 full of water. Add a 5 mL of salt and bring to the boil. Break spaghetti in half and drop into boiling water. Stir a little to break apart strands and then cook for 6-8 mins or till just al dente. **DO NOT OVERCOOK** as it will be pan fried after. Drain in colander, (SAVE SOME OF THE COOKING WATER) ,place in your small bowl and add a little olive oil to prevent the pasta sticking.
2. Dice up your onions, mince your garlic and your sundried tomatoes.. Remove the casing from the sausage and chop it up into small pieces. Prep your basil chiffonade.
3. In a glass liquid measure mix together crushed tomato, sugar, dried basil, pepper and diced tomatoes.
4. In a Teflon pan heat up your olive oil and add the onion and garlic. Saute. Then add the sausage and sundried tomato. Cook till sausage is browned. Remove from the fry pan onto a luncheon size plate.
5. Add the tomato mixture to the hot fry pan. Cook for 30 secs. Add the cooked spaghetti and using two wooden spoons, mix everything together till all the pasta is coated with tomato sauce. IF pan is dry add a little of the cooking water from the pasta. Add back in the onion mixture and blend it in. Add the pieces of grape tomato, sprinkle with parsley and a pinch of salt and cook till warm and soft.
6. Add in the basil chiffonade, sprinkle with sea salt and toss. Drizzle with sundried tomato oil and season with any additional spices needed according to your own taste preference.