

JAMIE OLIVER'S ITALIAN SPAGHETTI

250 g	spaghetti, broken in half
25 mL	olive oil
½	onion, diced
½	Italian sausage, chopped (can also use ham, bacon or seafood)
2	cloves of garlic, minced
15 mL	sundried tomatoes, minced
60 mL	tomato sauce
75 mL	diced canned tomatoes with juice
10 mL	sugar
5 mL	sundried tomato oil
5 mL	dried parsley
2 mL	dried basil
2 mL	pepper
3-5 mL	salt
2 mL	crushed dried peppers (optional)
5 mL	fresh thyme, minced (optional)

(other diced vegetables could also be added if desired such as peppers, asparagus or peas)

METHOD:

1. Fill a large pot 2/3 full of water. Add a bit 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 8-10 mins or till just al dente. **DO NOT OVERCOOK** as it will be pan fried after. Drain in colander and set aside.
2. Dice up your onion and mince your garlic and sundried tomatoes.. Remove the casing from the sausage and chop it up into small pieces.
3. In a Teflon pan heat up your oil and add the onion. Cook for 1 min then add the sausage and cook till browned, then add the minced garlic, sundried tomatoes and all of the spices and herbs. Cook for 1 min.
4. Add the spaghetti to the pan and mix everything together till all the pasta strands are coated with the seasoned onion/sausage mixture. If needed add a little more oil. Now add the tomato sauce, sugar and diced tomatoes. Mix in and cook for 1 min.
5. Drizzle with the sundried tomato oil and season with any additional spices needed according to your own taste preference.