



A Recipe For chicken parma tomato sauce

Ingredients

1 small onion

1 small carrot

2 clover garlic

300ml passata

200ml chicken stock

100ml white wine

splash balsamic vinegar

basil

salt & pepper

1tb tomato paste

1. Chop onion, carrot & garlic finely & fry in olive oil 2-3 mins till soft
2. Add wine, passata, stock & paste^{vinegar} bring to the boil
3. Turn down to simmer & cook on low for ~1 hour
4. When slightly cooled blend until smooth

Preparation Time

Serves