

Chorizo pasta sauce (4 portions; 25 minutes)

For the sauce

4 tbsp olive oil for frying
100g chorizo ring
2 red onions

1 rounded tsp smoked paprika
1 rounded tsp mixed herbs
1 flat tsp ground black pepper (reduce if you prefer less heat)
(optional) 1 pinch chilli flakes (note: with all the pepper, this does make it quite spicy)
(optional) some noodle flavouring

1 red pepper
1 tin peeled plum tomatoes
100g cherry tomatoes

Chop the chorizo into ~1cm chunks. I like to cut triangly chunks off as if I'm sharpening a pencil. Heat the oil a bit and fry the chorizo on low heat for a few minutes. This does tend to spit, so a lid is useful. Stir occasionally to prevent it burning.

While the chorizo is frying, peel the onions and cut them into large chunks. Once the chorizo is starting to look crispy, add the onions into the pan carefully to avoid splashing hot oil. Mix cautiously.

Add all the spices, mix thoroughly, and turn the heat up to medium.

Stir occasionally and clear the bottom of the saucepan to stop it sticking, add more oil if needed.

Chop the pepper into chunks, halve the cherry tomatoes, and open the tins. Once the onions have started to soften, add all the rest of the ingredients in. Stir well, break up the tomatoes, and simmer for about 10 minutes.