

Zucchini and tomato sauce for pasta or noodles

<p>Equipment: Chopping board and safety mat Chef's knife Small bowls and plates Fry pan Flexible flippers x 2 Serving bowl Serving spoon</p>	<p>Ingredients 1 onion, diced 1 bunch leafy greens, stems removed, greens shredded, OR 1 zucchini, diced Mixed tomatoes, diced 1/2 can diced tomatoes 1 handful fresh herbs, torn by hand Oil: 1/4 teaspoon + 2 tablespoons Salt and pepper to taste</p>
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Method: Remember to clean up your workstation as you go

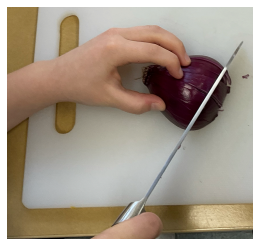
1. Process the ingredients according to the ingredients list. Place the cut vegetables in separate neat piles or separate bowls as you go.
2. Place herbs into a small bowl and coat them lightly with oil.
3. **Clean, dry and put away your knife. Clean your board and the rest of your station.**
4. **Heat 1/4 tsp oil** over a moderate heat, with a **small piece of onion**. Watch for when the onion starts to sizzle. The pan is ready now.
5. Add 2 Tbls oil and fry the **onion** until it is slightly transparent but not brown.
6. Add the **leafy greens or zucchini**. Stir and fry for 2 minutes.
7. Add the **canned tomatoes** to the frying pan. Keep stirring gently. Add the **fresh chopped tomatoes**, and keep stirring.
8. Place your stir-fry into a serving dish with the noodles. Sprinkle **chopped herbs** on top.
9. Clean your station. Put 1 cup cold water into your frying pan to it cool down before you wash it.



For **slices**:

Use a bridge hold or grasp the skin. Drive the tip of the knife down near the root end, then make a cut to the top end. The slices will still be connected at the root end.

Repeat.



For **dices**:

First slice. Next, use Bear Claw to hold slices together. Cut across the slices to make cubes, starting at the top end.

