

## Tomato and Onion Gravy

Serves: 1  
Prep time: 5 Minutes  
Cooking time: 8 Minutes

### Ingredients:

- ½ cup roughly chopped onion
- 1 cup roughly chopped tomato
- 1 clove garlic, crushed
- ½ cup parsley, roughly chopped
- 1 tablespoon oil
- good pinch salt
- capsicum **\*optional**
- chilli **\*optional**



*I just love this tomato and onion  
gravy, it takes me back to my  
childhood days where my dad  
would make it for me.  
Enjoy!*

### Method:

- Heat the oil in a medium saucepan over medium high heat
- Add the onion, cook until translucent (2-3 minutes)
- Add the tomatoes and garlic, cook while stirring until tomatoes soften slightly
- Add the salt and chopped parsley, cook until parsley wilts

**Serve on toast for breakfast / brunch or as a side to protein. Enjoy!**

### Note:

You can use chopped basil or baby spinach, instead of parsley if preferred  
You can also add **\*optional** capsicum or chilli for extra flavour