

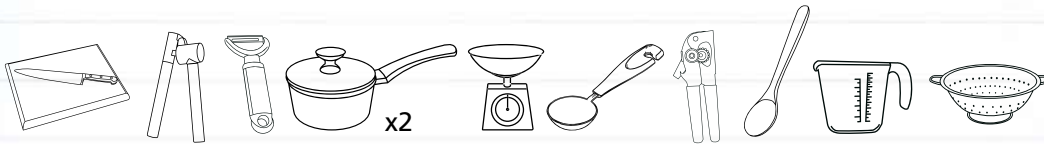
Spaghetti Bolognese



Ingredients

1 onion	1 x 400g canned chopped tomatoes
1 clove garlic	1 x 15ml spoon tomato puree
1 carrot	1 x 5ml spoon mixed herbs
1 celery stick	100ml water
1 x 15ml spoon oil	black pepper
250g minced beef	150g spaghetti

Equipment



Method

1. Prepare the vegetables:
 - peel and chop the onion;
 - peel and crush the garlic;
 - peel and slice the carrot;
 - finely chop the celery.
2. Fry the onion, garlic, carrot and celery in the oil.
3. Add the meat and cook until the mince is lightly browned.
4. Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper.
5. Bring to the boil, then simmer for 20 minutes.
6. Meanwhile, place the spaghetti in a separate saucepan of boiling water. Cook for 10-12 minutes or until the spaghetti is 'al dente'.
7. Drain the water from the spaghetti using a colander.
8. To serve, pour some of the bolognese sauce over the spaghetti.



Top Tips

- To serve, add some grated parmesan cheese and fresh basil.
- For a vegetarian option, swap the minced beef for veggie mince or lentils.
- Serve the sauce with different types of pasta.
- You could use stock instead of water.
- Oregano is a great herb to try in Italian dishes.

Skills

- Using the hob
- Using a knife
- Preparing an onion
- Boiling & simmering

