Spaghetti Bolognese

Ingredients

- 1 onion
- 1 clove garlic
- 1 carrot
- 1 celery stick
- 1 x 15ml spoon oil
- 250g minced beef

- 1 x 400g canned chopped tomatoes
- 1 x 15ml spoon tomato puree
- 1 x 5ml spoon mixed herbs
- 100ml water
- black pepper
- 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.

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Skills

Using the hob
Using a knife
Preparing an onion
Boiling \$ simmering