

Spaghetti bolognese

Ingredients

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

Equipment

Chopping board, knife, garlic press, peeler, measuring spoons, 2 saucepans, weighing scales, measuring jug, wooden spoon, colander.

Method

1. Prepare the vegetables:
 - Peel and chop the onion;
 - Peel and crush the garlic;
 - Peel and slice the carrot;
 - Finely slice 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 (tender).
7. Drain the boiling water away from the spaghetti into a colander in the sink.
8. To serve pour some of the bolognese sauce over the spaghetti.

Top tips

- Try serving your spaghetti bolognese with parmesan cheese and fresh basil.
- For a vegetarian option swap the minced beef for veggie mince or lentils.

Skills

Using the hob/oven	Bridge hold	Onion preparation	Boiling/ Simmering (controlled heat)	Mashing
Peeling	Weighing	Measuring	Mixing/combining	Draining
Frying	Using the kettle	Claw grip		