



# Spaghetti Bolognese

Serves 2



## Equipment:

- Large container
- Large frying pan
- Saucepan
- Colander
- Measuring jug
- Chopping board
- Sharp knife
- Veg peeler
- Grater
- Wooden spoon

## Ingredients:

- 150 g **Spaghetti** (Brown OR White)
  - 200 g **Mince beef / Quorn**
  - 1 clove **Garlic**
  - 1/2 **Onion** Red/White
  - 1 **Pepper** Red/Yellow/Green/Orange
  - 1 **Carrot**
  - 25 g **Mushrooms**
  - 1 can chopped **Tomatoes**
  - 1 tablespoon **Tomato puree**
  - 1 **Chili** (remember the smaller the chili the hotter it will be!)
- Optional extras: Herbs: **Basil OR Oregano OR Mixed Herbs OR Parsley**  
Cheese: **Parmesan OR Cheddar OR Mozzarella**



1. In a saucepan boil 300 ml (1/2 pint) **water**. Add the **Spaghetti**.

Boil for 10 mins, then drain in a colander.

**TOP TIP:** Get an adult to help you drain this. It's tricky!



2. Prepare the **veg** = chop and slice until they are the same size.

**TOP TIP:** Remember to use the bridging technique with your fingers when chopping!



3. Heat oil then fry the **mince** and **garlic** and **chilli** until browned.

**TOP TIP:** Stir with a wooden spoon to prevent sticking.



4. Add the **onion**, **pepper**, **carrot** and **mushrooms** and cook for 5 mins.



5. Add the **chopped tomatoes** & **tomato puree** then stir.



6. Season the sauce with only a pinch of salt and a pinch of pepper then add your **herbs**.



7. Simmer the sauce for 20 mins.

**TOP TIP:** Remember to watch the clock!



8. Serve with the spaghetti and a grating of **parmesan** cheese.