



Recipe of the Week

Spaghetti Bolognese



Wash your hands!

Remember we **MUST** think of our hygiene when working with food to stop germs from spreading!



Now it is your turn to make some Spaghetti Bolognese!

You will need to collect and measure your ingredients:

- 400g of minced beef
- 2 large onions diced
- 3 cloves of garlic chopped
- 1 tin of chopped tomatoes
- 50g of fresh tomatoes chopped
- 3tbsp tomato puree
- 2 tbsp basil or oregano
- 2 beef stock cubes
- Season with salt and pepper
- Your choice of pasta



Makes approximately 5 portions

Ask an adult to supervise you when chopping and using the hob.

Step 1.

- After you have gathered and chopped your ingredients.



- Use a pan on a medium heat and pour 1tbsp of olive oil into a pan and heat up slowly.
- Place all of the garlic and onions into the pan and slowly sauté (fry) until golden.

Step 2.

- Pour 1tbsp of olive oil into a separate pan on a medium heat and heat up slowly.
- Add the mince to this pan and cook until it turns from pink to brown.



Step 3.

- Add the chopped tomatoes, tomato puree and basil to the onions and cook for 15 minutes.
- Add in the stock cubes and mix well.



Step 4.

- Blend the tomato sauce and add this to the pan with the mince.
- Cook for a further 20 minutes.



Step 5.

- Whilst your Bolognese sauce is cooking you can cook your pasta in a pan of boiling water for 10 minutes.



Step 6.

- Now tidy up your work station whilst you wait for your pasta to cook.
- Don't forget to check on your pasta and stir your sauce!



Step 7.

- Drain the water from your pasta and add your Bolognese sauce.
- You might want to add some parmesan cheese and enjoy with some garlic bread and salad.



**Time to enjoy your Spaghetti
Bolognese!**