

SPAGHETTI BOLOGNESE

Ingredients:

300g minced beef
2 streaky rashers
1 small onion
3 cloves garlic
1 tin chopped tomatoes/ passata
2 tbsp tomato puree
4 baby mushrooms
1 carrot
300g spaghetti

Basil, oregano, salt and pepper to season.
Cheese to serve .

Equipment:

2 chopping boards
2 sharp knives
2 saucepans, one big one smaller
Wooden spoon
Colander
Scissors



Method:

1. Peel and dice onion and garlic.
2. Wash peel and chop mushrooms and carrot (small bite size pieces will give for a better finished product). NOTE: since you have washed the vegetables there is no need to peel the carrots if you would like to increase the fibre content avoid peeling and continue with the skins left on the carrots.
3. Heat oil in large pot, saute (cook lightly in oil) onion and garlic for 1min.
4. Cut the streaky rashers (the scissors work well here), add to pot. For best practice and to avoid cross-contamination, use a separate chopping board than the one the vegetables were on.
5. Break up the mince and sear in the saucepan. Cook until mince is brown.
6. Add the carrots, cook for 2mins.
7. Add the mushrooms, cook for 1 min, stirring continuously.
8. Open the tin of chopped tomatoes/ passata and stir in along with the tomato puree, bring to boil and simmer for 10-15mins.
9. Add oregano, basil, salt and pepper to season.
10. Put the spaghetti in the smaller saucepan with a pinch of salt, cook for 10-12mins.
11. Strain the spaghetti in the colander.
12. Serve the bolognese on a bed of spaghetti, garnish with cheese.

*If you do not have a tin of chopped tomatoes use regular tomatoes which you have softened in a bowl of boiling water and blitzed with a food processor or roughly chopped with a knife. Tomato puree can be substituted for tomato ketchup.