

Spaghetti bolognese

Ingredients

- 1 onion
- 1 clove garlic
- 1 carrot
- 1 celery stick
- 250g minced beef
- 400g canned chopped tomatoes
- 1 tbsp tomato puree
- 100ml water
- 1 stock cube
- 1 tsp mixed herbs
- Black pepper
- 150g spaghetti

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. Dry the onion, garlic, carrot and celery with the mince, until the mince is lightly browned.
4. Add the tomatoes, tomato puree, mixed herbs, stock cube and water and mix all the ingredients together. Then add a few twists of black pepper.
5. Bring to the boil, then simmer for 20-30 minutes until sauce is rich.
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.

Get ready to cook: Tie back long hair, apron on, wash hands.
Collect ingredients and equipment

Equipment

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

Other vegetables could be added eg mushroom, peppers, courgette. Mince beef could be replaced with quorn mince, turkey mince or just left out for a tomato ragu sauce.

Use bridge and claw grip.

Get permission to use the cooker and attend at all times.

Use 2 hands to drain the pasta.



SKILLS

Using the Hob/oven, Weighing, Measuring, Bridge and claw, Draining, Combining/mixing, Peeling, Onion preparation, Boiling/Simmering, Using a kettle, Frying,