

# Spaghetti bolognaise

Serves 4

## Ingredients

1 medium onion  
1 clove garlic  
1 large carrot  
6 mushrooms (Optional)  
1 x 15ml spoon oil  
250g lean minced beef  
1 x 5ml spoon stock powder  
150ml boiling water  
400g can chopped tomatoes  
1 x 15ml spoon tomato purée  
1 x 10ml spoon mixed herbs  
Black pepper  
200g dried spaghetti

## Equipment



## Method

- ☐ Peel and the onion.
- ☐ Peel and crush the garlic.
- ☐ Peel and chop the carrot.
- ☐ Slice the mushrooms.
- ☐ Fry the onion and garlic in hot oil for 3–4 minutes.
- ☐ Add the minced beef and cook until the meat is brown in colour.
- ☐ Make up the stock.
- ☐ Open the can of tomatoes.
- ☐ Stir in the mushrooms, stock, canned tomatoes, tomato purée, mixed herbs and a few twists of black pepper.
- ☐ Bring everything to the boil.
- ☐ Reduce the heat and simmer for 20 minutes.
- ☐ After 10 minutes place the spaghetti in a large saucepan of boiling water.
- ☐ Cook for 10 minutes or until the spaghetti is 'al dente'.
- ☐ Drain the spaghetti.
- ☐ Serve spaghetti with bolognaise sauce.



## Hints and tips

- Always wash vegetables before cooking. Clean mushrooms by wiping them with a damp paper towel.
- Vegetarians could use non-meat mince or add lentils instead.
- To serve, add some grated parmesan cheese and fresh basil.
- Dried oregano is economical to use and keeps well in an airtight pot.
- Freeze one sauce portion for a quick meal another time.
- Dried pasta stores well in an airtight container.
- Al dente literally means 'to the tooth', in cooking it means firm, but not hard.
- The finished Bolognese sauce should be cooled and chilled within 2 hours. It will keep in the fridge at 1–4 C for 3 days.