



Spaghetti Bolognese

Bolognese sauce is one of those recipes that everyone should learn to cook. It can be adapted to make lasagne, chilli-con-carne or even a cottage pie and you can add extra vegetables such as mushrooms and peppers to use up whatever you have in the fridge.

Nutritional information per portion (414g):

calories	fat	saturates	sugars	salt
331.5 0%	9.5g 14%	2.9g 15%	5.9g 7%	0.9g 15%

of an adult's guideline daily amount



Wheat/gluten and egg (if using egg pasta)

Equipment

Weighing scales
Sharp knife
Chopping board
Small bowl x 2
Measuring jug
Kettle
Measuring spoons
Saucepans (or deep frying pan) x 2
Wooden spoon
Can opener
Colander

Ingredients

Serves 4
1 medium onion
1 garlic clove
1 carrot
1 beef stock cube
100ml boiling water
2 x 5ml spoons olive oil
1 x 5ml spoon dried oregano
300g lean minced beef
400g can chopped tomatoes
300g uncooked spaghetti
Black pepper (optional)



Top Tips

- You could leave the carrots unpeeled but ensure that all soil is removed before cooking.
- To avoid using two saucepans, cook the pasta first and put to one side. Then cook the sauce and stir the pasta into the sauce until reheated.





Spaghetti Bolognese

Method

1. Peel and finely chop the onion and garlic.
2. Wash, peel and chop the carrot into pea-sized pieces.
3. Measure 100ml of boiling water into the measuring jug. Crumble in the stock cube and stir to dissolve.
4. Turn the hob to a medium heat and heat the olive oil in one of the saucepans.
5. Add the onion and cook for 3 minutes until softened, stirring all the time.
6. Add the garlic and oregano and cook for a further minute. Keep stirring!
7. Stir in the carrots and cook for 3 minutes.
8. Add the mince and stir, breaking up the mince with a wooden spoon, until it becomes completely brown.
9. Open the can of chopped tomatoes and add to the saucepan together with the beef stock.
10. Stir until the meat mixture is beginning to bubble then reduce the heat and simmer (small bubbles) for 10-15 minutes to allow the sauce to reduce and thicken.
11. Continue to simmer the sauce for a further 10-15 minutes whilst you cook the spaghetti according to the instructions on the packet.
12. Add more hot water if the sauce becomes too thick and add black pepper to taste (if using).
13. Drain the cooked spaghetti and serve with the sauce.



Prepare now, eat later

- The vegetables could be chopped in advance and stored in bags or covered containers in the fridge for up to 24 hours.
- If cooking for large numbers of people the spaghetti could be cooked up to 24 hours in advance then cooled quickly and stored, covered, in the fridge. Cool the pasta by running cold water through it until absolutely cold. Add to the sauce and reheat until bubbling hot.
- The Bolognese sauce should be cooled as quickly as possible before being frozen for up to 3 months or chilled in the fridge for up to 24 hours. Defrost before reheating until piping hot. You can use this sauce in other dishes, such as lasagne or a savoury cobbler.

Something to try next time

- Add additional vegetables for a healthier sauce, such as 2 sticks of finely chopped celery, 100g sliced mushrooms or 1 finely chopped red, green or orange pepper.
- If using cheaper canned tomatoes, add 1 x 5ml spoon tomato purée for a more intense flavour.
- Adding 1 x 5ml spoon balsamic vinegar will produce a sweeter flavour, balancing the sharpness of the tomato purée.
- Add 50g chopped pancetta or chopped smoked back bacon with the onion and garlic.

