

# Spaghetti Bolognese: Shop Bought Pasta

## Ingredients for Bolognese:

- 400g Canned Chopped Tomatoes
- 250g Minced Beef, Lamb or Turkey
- 120g Spaghetti
- 100ml Water (Only if Mixture is Dry): School to Provide
- 20g Cheese: Cheddar or Parmesan (optional)
- 2 Basil Leaves: Optional to Garnish
- 1 Onion
- 1 Clove of Garlic
- 1 Carrot
- 1 Celery Stick
- 1 Tablespoon of Oil
- 1 Tablespoon Tomato Purée
- 1 Tablespoon Plain Flour (Only if Mixture is Runny): School to Provide
- 1 Teaspoon Mixed Herbs
- Additional Vegetables: Mushrooms, Peppers, Courgette (Optional)
- Black Pepper: School to Provide



**Please bring a container  
to take your spaghetti  
Bolognese home in.**



## Method:

1. Weigh and measure out all the ingredients accurately.
2. Prepare the vegetables:
  - ◆ Peel and chop the onion
  - ◆ Peel and crush the garlic
  - ◆ Peel and slice the carrot
  - ◆ Finely slice the celery
  - ◆ Prepare any additional ingredients.
3. Place the meat, garlic, oil, carrot, onion, celery and any other hard vegetables in a large saucepan. Place at the front of the hob. Cook until the mince is lightly browned (approximately 5 to 10 minutes).
4. Add any other soft vegetables and cook for a further 5 minutes until the vegetables start to go soft.
5. Add the canned tomatoes, tomato purée, mixed herbs and water (only if mixture is dry) and mix all the ingredients together. Then add a few twists of black pepper.
6. Bring to the boil. Move saucepan to the back of the hob and then simmer for 15 minutes. If your meat sauce is looking too runny, add a tablespoon of plain flour.
7. Half fill a large saucepan with water and a pinch of salt. Place on the back of the hob and bring to the boil.
8. Add the spaghetti, bring to the boil and then simmer for 10 to 12 minutes. Once cooked, use a colander to drain the water.
9. Place the spaghetti in a dish.
10. To serve pour some of the Bolognese sauce over the spaghetti. Add some grated cheddar or parmesan cheese. Add basil leaves to garnish.