

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.



Wheat (gluten)*

Nutritional information per portion (420g):

Energy	Fat	Saturates	Sugars	Salt
1408kJ 333kcal 17%	9.3g 13%	2.9g 14%	6.9g 8%	0.3g 5%

of an adult's reference intake.

Typical values per 100g: energy 335kJ/79kcal.

Equipment

Weighing scales
Sharp knife
Chopping board
Peeler
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
100ml boiling water
2 x 5ml spoons olive oil
1 x 5ml spoon dried oregano
300g lean minced beef
400g can chopped tomatoes
2 x 15ml spoons tomato puree
300g uncooked spaghetti
Black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



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.
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 water and tomato puree.
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.

Something to try next time

- Add extra vegetables for a healthier sauce, such as 2 sticks of finely chopped celery, 100g of sliced mushrooms or 1 finely chopped pepper.
- Add 1 x 5ml spoon of tomato puree for a more intense flavour.
- Adding 1 x 5ml spoon of balsamic vinegar will give a sweeter flavour, balancing the sharpness of the tomatoes.

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.

Skills used include:

Weighing, measuring, peeling, chopping, boiling/simmering and frying.