

Spaghetti Bolognese

Ingredients

- 2 tbsp olive oil
- 400g beef mince
- 1 onion
- 3 garlic cloves
- 100g carrot (2 carrots)
- 2 x 400g tin chopped tomatoes
- 400ml beef stock

Note: serves 4. This sauce can be cooked in advance and frozen.

Cool completely then put in a freezer-proof container; keep in the freezer for up to 2 months.

Utensils

- Large frying pan (for mince, onions, garlic)
- Large saucepan (for simmering all)
- Medium saucepan (for cooking spaghetti)
- Chopping board (for onion, garlic)
- Sharp knife (for onion, garlic)
- Tablespoon (for olive oil)
- <Cheese> Grater
- Measuring jug (side plate to place on top)
- Plastic bowl (for cooked mince)
- Colander to drain spaghetti
- Three side plates

Preparation

Onion

First slice into halves then take one of the halves and turn onto flat side.

Slice horizontally and vertically then put on side plate

Garlic

Remove outer skin from garlic bulb. Remove garlic cloves from bulb, take out three.

Cut top and bottom off cloves with a knife, then peel off the skin.

Slice into small pieces then put on side plate

Carrots

Peel carrot with potato peeler, grate with cheese grater. Put on side plate.

Beef Stock

Boil water in kettle, pour 400ml of boiled water into measuring jug

Add stock and whisk with fork. Keep warm (place side plate over top of jug to trap heat).

Step 2: Cook Mince – in Frying Pan

Put tablespoon of olive oil in the frying pan before heating up on medium heat. Once hot add the beef mince and a pinch of salt and pepper. Cook the mince (turning regularly with two spatulas) until well browned (be careful not to burn the mince, it needs to be a dark brown colour) Once browned, transfer the mince to the plastic bowl and set aside.

Step 3: Cook Onions and Garlic – in Frying Pan

Add one tablespoon of oil to the frying pan, heat on medium. Add the onions and a pinch of salt and fry gently for 5-6 minutes, or until softened and translucent. Add the garlic and cook for another 2 minutes.

Step 4: Simmer all – in Saucepan

Transfer all ingredients to the large saucepan – onion, garlic, carrot, mince, stock, tomatoes. Bring quickly to a simmer and then reduce temperature to simmer gently for 45 minutes, or until the sauce is thick and rich. Taste and adjust seasoning as necessary. Leave sauce to rest with saucepan lid on.

Step 5: Cook the Spaghetti – in Fresh Saucepan

Bring medium saucepan to medium heat, bubbling up, add a pinch of salt. Reduce heat to simmering.

Add quantity of spaghetti then cook according to the packet instructions. Once the spaghetti is cooked through, drain it.

Final Step

Warm up the large saucepan containing the Bolognese sauce – approximately five minutes (be sure it is warm enough to eat.).

Add the drained spaghetti into the Bolognese sauce. Mix well and serve.