



# Spaghetti Bolognese

beef or vegetarian

## Ingredients

400-500g mince  
(meat or vegetarian)  
1 pack dry spaghetti  
1/2 tsp each salt & pepper  
1/2 tsp dried herbs  
2 tbsp onion granules  
1/2 tsp garlic granules  
1 x tin tomatoes  
2/3 tube tomato puree  
3-5 diced or grated carrots  
1/2 stock cube

## Equipment

2 x large pots  
1 x small knife  
1 x small bowl/jug  
1 x peeler/veg scraper  
1 x grater  
1 x cutting board  
1 x colander/sieve  
measuring spoons  
wooden spoon



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## Method

*To make*

1. Fill a pot 3/4 full with tap water & a pinch of salt.
2. Bring to the boil, then add dry pasta and cook according to pack instructions.
3. When cooked, drain most the water keeping some water aside for the sauce.
4. In another pan heat mince until fully cooked then drain the fat.
5. Add onion, garlic, herbs, salt & pepper and diced carrots. In the same pan on a low-medium heat, stir to combine all ingredients for 1-2 minutes.
6. Add tinned tomatoes, puree & stock cube. If necessary, add in some pasta cooking water to the mix at this point to reach your preferred thickness.
7. Cook on low heat for 15-20 minutes until softened. Adjust to taste.

*To serve*

Add cooked pasta to the pan of sauce, moving pasta around the pan to coat the noodles. Serve onto a bowl or plate, add grated cheese on top if you'd like.

*Enjoy.*