



SPAGHETTI BOLOGNESE



INGREDIENTS

SERVES 5

- 1 tbsp olive or vegetable oil*
- 500g beef mince
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 carrots, grated
- 2 tbsps tomato puree
- 400g tin of chopped tomatoes
- 1 **beef stock cube**
- 250ml water*
- 1 tbsp mixed herbs
- 200g frozen peas
- 350g **spaghetti** or other **pasta** *not provided

ALLERGENS

Celery (**Stock Cube**), Gluten (**Pasta**)

EQUIPMENT

Chopping board, knife, grater, frying pan or large pan, saucepan, wooden spoon, mixing jug, colander

STEP 1

- Peel and chop the onion and garlic.
- Peel and grate the carrot.
- Boil 300ml water in the kettle ready for the stock.



STEP 2

- Heat the olive oil in a frying pan, add the onion and garlic and fry for 3-4 minutes until golden.
- Add in the grated carrot and fry for 2 more minutes



STEP 3

- Add in the mince and fry on a medium heat until brown. Then stir in the tomato puree.
- Bring 1.5 litres of cold water to the boil, in a large saucepan, ready for the spaghetti.



STEP 4

- Dissolve the stock cube in 250ml boiled water (from the kettle) and add to the mince. Stir well.
- Then add the herbs and the tinned tomatoes.



STEP 5

- When the mixture starts to bubble, turn the heat down to low.
- Season with salt and pepper and allow to simmer for 15 minutes.



STEP 6

- Add the spaghetti or pasta shapes to the boiling water, allowing it to soften and submerge in the water.
- Season with a pinch of salt and cook for 10-12 minutes on a medium heat.



STEP 7

- Once the Bolognese sauce has cooked for 12 minutes, add in the frozen peas.
- Mix well and cook together for the last 2-3 minutes.



STEP 8

- Drain the pasta using a colander.
- Portion out on to the plates and pour your Bolognese sauce on the top.
- Enjoy a lovely home made 'spag blog !'



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