

Spaghetti Bolognese



Ingredients

250g minced beef/ Quorn

1 small onion

1 clove of garlic

1 tbsp tomato puree

1 tbsp mixed herbs

1 tin of chopped tomatoes

1 stock cube

200g dried spaghetti

Worcestershire sauce, salt and pepper and oil (supplied by school)

Grated parmesan as a garnish (optional)

Container to transport home

Method

Chop the onion and garlic.

Fry in a little oil in until softened.

Add the mince and fry until brown.

Add the tinned tomatoes and puree and stir in, coating the meat evenly.

Next add the herbs, seasoning and a few drops of Worcestershire sauce according to taste.

Crumble in the stock cube and add approx. 150ml water.

Bring to the boil and simmer for around 15 minutes until a thick, rich sauce is formed.

Meanwhile bring a large saucepan of water to boil.

Add the spaghetti to the boiling water and cook for around 10 minutes until it is 'al dente'.

Drain the spaghetti in a colander over the sink and transfer to a serving bowl.

Arrange the mince sauce over the top of the pasta.

Garnish with parmesan (if using) and serve.