

Winter Pasta Bolognese with Salad Veggies



Ingredients (serves 2)

1 onion
1 clove garlic
1 carrot
1 x tablespoon (15ml) oil
250g lean (5%fat) minced beef
400g canned chopped tomatoes
1 x 15ml tablespoon tomato puree
1 x 5ml teaspoon dried mixed herbs
100ml water
Black pepper
250g spaghetti or pasta shapes (**wheat**)

Equipment

Chopping board
Sharp knife
Garlic press
Vegetable peeler
2 saucepans
Heat resistant spatula
Measuring spoons
Measuring jug
Colander




To serve with your pasta and sauce:

A small bowl of washed lettuce, a few cherry tomatoes, some sliced cucumber and a spoonful of your favourite salad dressing, maybe mayonnaise or balsamic dressing.

Method

1. Prepare the vegetables into small pieces on your chopping board
 - peel and dice the onion (about 1 cms pieces)
 - peel and crush the garlic
 - peel and dice the carrot (about 1 cms cubes)
2. Heat your oil in one of the pans until it sizzles gently
3. Add the onion, garlic and carrot to the oil, stir with a heat proof spatula for 5 minutes till soft but not burnt!
4. Add the minced beef and cook until the meat is lightly browned, keep stirring.
5. Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper.
6. Bring to the boil (big bubbles), then simmer (little bubbles) for 20 minutes. Stir sometimes to check it's not sticking to the bottom of the pan. If it sticks add a mug of water.
7. While the sauce is cooking, half fill your other pan with cold water. Place on the hob and bring up to boil.
8. Carefully add the pasta in the boiling water. Cook for 10 - 12 minutes or until the pasta is al dente (tender).
9. Drain the boiling water away from the spaghetti into a colander in the sink-be careful!
10. To serve, pour some of the bolognese sauce over the pasta

Together We Cook

	<p>Serving Ideas</p> <p>Grated parmesan or cheddar cheese are delicious sprinkled on the top of your Pasta Bolognese. A tablespoon is all you need. A little piece of fresh basil looks and tastes great too!</p>
	<p>Variations</p> <p>Replace the minced beef with Quorn or meat free mince.</p> <p>Carrots are tasty in your meat sauce but you could use some grated carrot in your salad too.</p>
	<p>Leftovers</p> <p>Reheat your bolognese until very hot and fill a bread wrap with your bolognese. Delicious with more salad.</p> <p>The meat sauce will freeze well, just make sure it's cold before it goes in a sealed, labelled box or bag and place in the freezer ready for another day. When you want to eat, it defrost in the fridge for 3-4 hours. Reheat it until it's very hot.</p>