

# Bolognese



# Ingredients list

- Olive oil, 2 tbs.
- 1 onion
- 2 cloves of garlic,
- 500g minced beef / Quorn
- 1 carton of passata (or a tin of chopped tomatoes, although passata is much better)
- 2 tbsp mixed herbs
- Salt and pepper



# Equipment list

- Chopping board
- Sharp knife
- Saucepan
- Plastic mixing spoon
- Tin opener (only if using tinned tomatoes)

# Method

1. Peel and dice your onion. Add oil to pan and put heat on to medium, add onion and saute (gently fry) until the onion has softened. (we **don't** want it brown!)
2. Peel and chop garlic.
3. Add the chopped garlic and cook for 1 minute. (we **don't** want it brown!)



# Method

4. Add the meat and cook until all has turned from pink to brown (denatured).
5. Add the passata or tomatoes. If it is too dry add 100ml of water. Add puree
6. Season with herbs, salt and pepper, cover and simmer on a low heat for at least 1 hour. Keep checking on your bolognaise to make sure it is not burning on the bottom of the pan. Add more water if necessary.
7. Serve with cooked spaghetti or tagliatelle.

Not cooked!



Fully cooked!

