



30 mins

Allergens



WHEAT

Utensils



Vegetable peeler



Saucepan x2



Chopping board and sharp knife



Grater



Wooden Spoon



Colander

You will need...



70g 5% mince beef



90g wholegrain spaghetti



11bsp rapeseed oil



250g chopped tomatoes



Ladle



1/2 red pepper



salt & pepper



1/2 onion



1 tsp dried basil



1 small carrot



1 1/2 tsp tomato puree

1 Chop the onion and pepper in half and then chop both into small pieces



2 Peel a carrot. Chop the ends off and grate into a small bowl



3 Turn the hob to a medium heat and pop a saucepan on top. Add the rapeseed oil and allow to heat up



4 Add the onion, pepper and grated carrot to the pan and give a stir. cook for about 4 minutes until the vegetables have softened



Dinner Recipe Simple Spaghetti Bolognese (Hob)

5 Add the mince and mix well. Cook the mince until no red remains (about 5 minutes)



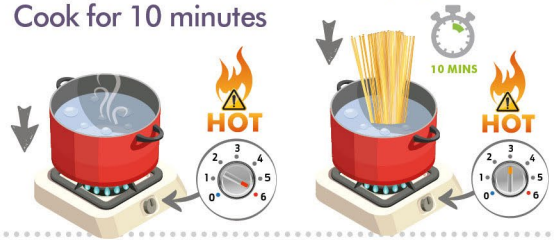
6 Add the tomato puree and pour in the chopped tomatoes and mix well



7 Add 1 tsp dried basil, mix in well, and leave to simmer gently for around 15 minutes



8 In a new saucepan, add 1L water and bring to the boil (high heat). Once boiling, reduce to medium heat and add the spaghetti. Cook for 10 minutes



9 Drain the spaghetti. Place spaghetti into your favourite bowl



10 Spoon the bolognese sauce over the spaghetti, season with salt and pepper



Enjoy your Dinner!