



# Great School Food you can enjoy at home

## Recipe

## Spaghetti Bolognese



### Ingredients

50ml Olive Oil  
100g Red Onions (finely chopped)  
100g Carrots (diced)  
2 cloves of Garlic (crushed)  
1 tablespoon Mixed Herbs  
500g Minced Beef (or Lamb)  
50g Tomato Puree  
1 tin Chopped Tomatoes  
1 teaspoon Sugar  
500g Spaghetti  
Grated Cheese (optional – ideally parmesan, but cheddar is OK too)

### Method

- 1.** Fry onions & carrots in a little oil till soft and slightly browned
- 2.** Add garlic & mixed and gently cook for 1 min
- 3.** Add minced meat, gently brown, stirring all the time
- 4.** Add tomato puree, cook for 5 minutes
- 5.** Add chopped tomatoes and sugar
- 6.** Simmer gently for 20 minutes, check seasoning
- 7.** Cook spaghetti in plenty of salted boiling water for as long as it says on the packet.
- 8.** Drain spaghetti, serve with sauce and top with grated cheese

### Allergens

**Cereals containing Gluten / Milk**

### My Notes

**Serves 4**  
**Do not overcook pasta**

