**Spaghetti Bolognese**

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| ***Ingredients*** | ***Equipment*** |
| medium-sized pack of lean minced beef | wok or frying pan |
| 1 onion | wooden spoon |
| 2 cloves garlic | chopping board |
| 1 tin of chopped tomatoes | sharp knife |
| ½ a tube of tomato puree |  |
| herbs & seasoning |  |
| vegetable oil |  |

***Method***

1. Prepare yourself and your work area. Get equipment out.
2. Peel and chop the onion and garlic.
3. Fry the onion and garlic in a little vegetable oil until soft.
4. Add the minced beef and cooked until brown.
5. Add the tin of tomatoes and the tomato puree.
6. Add the herbs and seasoning.
7. Heat the mixture through until bubbling gently.
8. Remove from heat and serve with pasta.

