

## YR 8 – Bolognaise – Work in pairs

### Ingredients

150g Spaghetti  
1 Onion  
1 Clove garlic  
1 Carrot  
400g Tin chopped tomatoes  
1 tbsp Tomato puree  
250g Minced beef  
Sprinkle of Italian seasoning

### Equipment

- 2 Large saucepans
- Colander
- Jug
- Wooden spoon
- Chopping board
- Sharp knife
- Peeler
- Garlic press
- Foil tray

### Method

1.  $\frac{1}{2}$  fill large saucepan with water and put onto hob on full blast - add pasta when simmering.
2. Add minced beef to other large saucepan (with oil) and stir.
3. Quickly chop onion and garlic and add to pan - stir again.
4. When meat is brown add tin of chopped tomatoes.
5. Peel and dice carrots into small pieces - add to pan of meat.
6. Add Italian seasoning and leave to simmer on low heat for as long as possible.
7. When pasta is ready - drain with colander and put  $\frac{1}{2}$  in each foil tray.
8. Add half Bolognaise onto top of spaghetti.
9. Leave lid off till cooled, then put lid on and place in fridge.