

Spaghetti Bolognese

Ingredients

- 200g minced beef
- 1 onion
- 1 clove garlic
- 1 carrot grated
- 1 x tablespoon of vegetable oil
- 1 can of chopped tomatoes
- 1 x tablespoon tomato puree
- 100ml water
- 1 x teaspoon mixed herbs, pinch of salt and pepper



Equipment

Chopping board, knife, garlic press, peeler, 1 large pan, wooden spoon, measuring jug, tablespoon, teaspoon, grater

Method

1. Prepare the vegetables and place in a large pan with oil:
 - Peel and chop the onion.
 - Peel and crush/chop the garlic.
 - Peel and grate the carrot.
2. Fry the onion, garlic, carrot in the oil on a medium heat.
3. Add the mince and cook until the mince is brown and sealed.
4. Add the canned tomatoes, tomato puree, mixed herbs and 100ml of water and mix all the ingredients together. Then add a pinch of salt and pepper.
5. Bring to the boil, then simmer and reduce the heat for 15 minutes.
6. Remove from the heat.