

# Baked Spaghetti Bolognaise



Enough food for 2 meals

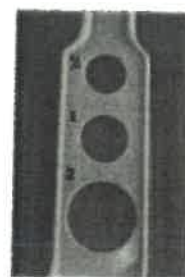


This is a healthy meal  
It can help you stay healthy

# Food you need



15ml Measuring spoon  
of vegetable oil



2 Servings of spaghetti



1 Jar of bolognese sauce



About 500g minced beef



1 Measuring cup  
frozen mushrooms



1/2 Measuring cup of  
grated cheese



If you can't find something, ask  
the staff in the shop to help you



# Things in the kitchen you need



Electric cooker



Oven dish



Oven gloves



1 Pan



Mixing spoon



Digital timer



15ml Measuring spoon



Spaghetti measurer



1 Cup measuring cup



1/2 Measuring cup



Plastic box with a lid



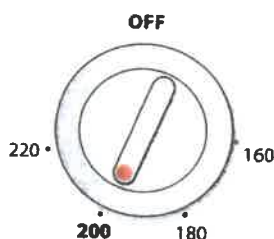
Wash and dry hands



Before you start cooking;

Get out all of the food you need.

Get out all of the things you need to cook with



Turn oven on to 200



Get the **15ml** measuring spoon



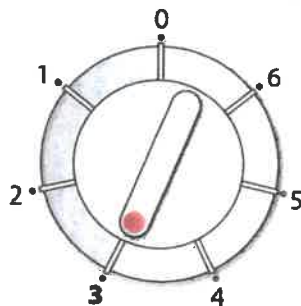
Put 1 spoon of oil in pan



Put all the mince in the pan



Wash and dry hands after touching mince



Put pan on the hob

Turn hob to 3



06 00

Set the digital timer for **6 minutes**



Stir everything in the pan

Keep stirring until the timer makes a noise



When the timer makes'a noise



Pour all the bolognese sauce into the pan



Get a 1 cup measuring cup



Fill the measuring cup with frozen mushrooms



Put the mushrooms in the pan





Get the **1 cup** measuring cup



Fill the cup to the top  
with water



Pour all the water into the pan



05 00

Set the digital timer for  
**5 minutes**



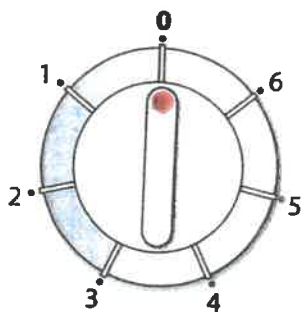
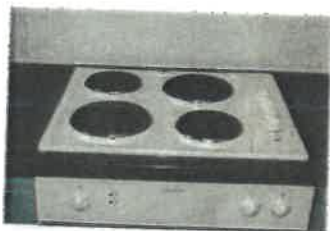
Stir everything in the pan



Keep stirring until the  
timer makes a noise



When the timer makes a noise



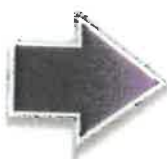
Turn **off** the hob



Measure 2 servings of spaghetti



Snap the spaghetti in half

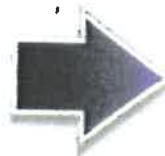


Put spaghetti in oven dish





Put all the bolognaise mixture into the oven dish



Put oven  
gloves on

Put oven dish  
in the oven



15 00

Set the digital timer for  
**15 minutes**



Come back when the timer makes a noise



When the timer makes a noise



Put oven  
gloves on

Take oven dish  
out of the oven



02 00

Set the digital timer for  
**2 minutes**



Stir everything in the oven dish



Keep stirring until the  
timer makes a noise



When the timer makes a noise



Get the **1/2** measuring cup



Fill the measuring cup with grated cheese



Put the grated cheese into the oven dish

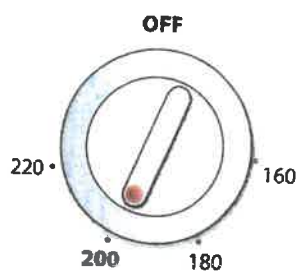


Put oven gloves on



Put oven dish in the oven





Check oven is still on 200



10 00

Set the digital timer for  
**10 minutes**



Come back when the timer makes a noise



When the timer makes a noise



Put oven  
gloves on



Take oven dish  
out of the oven



Ready to eat!



Wash up

Put everything away



When the spaghetti bolognaise is cold put it in a plastic box with a lid



Put it in the fridge



Eat it tomorrow or put in bin