Spaghetti Bolognese

Ingredients

1 onion
1 clove garlic
1 carrot
1 celery stick
1 x 15ml oil
250g lean minced beef
1 can chopped tomatoes (400g)
1 x 15ml spoon tomato purée
100ml water
1 x 5ml spoon mixed herbs
Black pepper
150g spaghetti

Equipment

Weighing scales
Chopping board
Knife
Garlic press
Peeler
2 saucepans
Wooden spoon
Measuring spoons
Measuring jug
Colander

2. Prepare the vegetables:

- peel and chop the onion
- ;

- peel and crush the garlic;

- peel and slice the carrot;

- slice the celery.

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2. Fry the onion, garlic and carrot and celery in the oil.

3. Add the meat and cook until the mince is lightly browned.

4. Add the tomatoes, tomato purée, mixed herbs and water and mix all the ingredients together. Then add a few sprinkles of black pepper.

5. Bring to the boil, then simmer for 20 minutes.

6. Meanwhile place the spaghetti in a separate saucepan of boiling water. Cook for 10 – 12 minutes or until the spaghetti is *al dente* (tender).

7. Drain the boiling water away from the spaghetti into a colander in the sink.

8. To serve pour some of the bolognaise sauce over the spaghetti.

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