

DT food Year 6 20/2/17

Easy spaghetti Bolognese

Ingredients

- 400g/14oz beef mince
- 1 onion, diced
- 2 garlic cloves, chopped
- 6 large mushrooms
- 1 red pepper
- 1 green pepper
- 2 x 400g tin chopped tomatoes
- 400ml/14fl oz. stock (made from stock cube. Ideally beef, but any will do)
- 50gm red lentils
- 400g/14oz dried spaghetti
- salt and pepper



Method

1. Heat a large saucepan over a medium heat. Add the beef mince and a pinch of salt and pepper. Cook the mince until well browned over a medium-high heat (be careful not to burn the mince. It just needs to be a dark brown colour).
2. Add the onions, peppers, mushrooms and a pinch of salt and fry gently for 5-6 minutes, or until softened and translucent. Add the garlic and cook for another 2 minutes.
3. Add the tomatoes to the pan and stir well to mix. Pour in the stock, bring to a simmer and then reduce the temperature to simmer gently for 45 minutes, or until the sauce is thick and rich. Taste and adjust the seasoning as necessary.
4. When ready to cook the spaghetti, heat a large saucepan of water and add a pinch of salt. Cook according to the packet instructions. Once the spaghetti is cooked through, drain and add to the pan with the Bolognese sauce. Mix well and serve.