



Lets Cook...
Spaghetti Bolognese!



This recipe is for 4 people.

If you're not cooking for 4 then you can keep some for another day.



You will need:

Ingredients:

- 2 x onions
- 1 x garlic clove
- 90g/ 5 or 6 mushrooms
- 500g low fat minced beef
- 1 x 400g tin of chopped tomatoes
- 1 x teaspoon of mixed herbs
- 1 x tablespoon of Olive Oil
- 1 x beef stock cube
- 1 x tablespoon of tomato ketchup or tomato puree
- 1 x tablespoon of Worcestershire sauce
- salt and pepper
- 300g Spaghetti
- Cheese for sprinkling on top





Kitchen Items:

- A chopping board and sharp knife
- A tablespoon
- A teaspoon
- A tin opener
- A cheese grater
- A large frying pan or saucepan for the bolognese.
- A large saucepan for the spaghetti
- Large wooden or plastic spoon to stir the bolognese.
- Measuring Jug
- Colander or sieve



Have you got everything out and ready?

Let's cook!



1. Use the chopping board and knife to peel and chop your onions.

What's the best way to chop an onion?

- Start by cutting off the two ends of the onion; the root end and the top.
- Then stand it on one of the flat ends.
- Slice the onion in half down the middle.
- Peel the skin off.
- Lay both halves of the onion flat on the chopping board and slice into thin slices lengthways.
- Then turning the other way, slice across to cut into small pieces.
- This is one way to **dice** the onion.



2. Cut the ends off the garlic clove and peel the skin off.
- Then slice it into strips in one direction, and then across into **diced pieces**.

It can be a bit awkward but just pile it up and chop across it lots!

TIP: If you like your sauce garlicky you can add 1 or more extra garlic cloves

TIP: You can use a garlic crusher if you have one!



3. Next, weigh out 90g of mushrooms on the scales, or pick out 5/6 mushrooms.

- Give them a wash to remove any soil.

- Chop off the very end and slice into thin strips.

- Cut the slices down the middle into smaller pieces.



4. Put the frying pan or saucepan on your hob and pour in 1 x tablespoon of olive oil.

- Turn the heat on to medium high. (About 7 or 8 on an electric hob.)



5. Tip the onions in and stir them until they start to go softer.

6. Tip in the garlic and stir for a minute.



7. Fill and boil the kettle now for the beef stock.

8. Open the packet of beef mince and tip into the pan with the onion and garlic.

- Break it up with your large spoon and stir it in until it goes brown.



9. Tip in the sliced mushrooms and a teaspoon of mixed herbs.

- Stir and cook for another 2 minutes.

10. Open the tin of tomatoes and stir into the pan.



11. Pour 300ml of boiling water into the measuring jug and stir in the beef stock cube. Add to the pan and stir it in.

TIP: If you haven't got a measuring jug you can use the empty tin of tomatoes.

- Fill to $\frac{3}{4}$ with hot water and the beef stock cube.

- It will feel hot though so don't use boiling water!



12. Measure out 1 tablespoon of Worcestershire sauce and tip into the pan.

13. Measure out 1 tablespoon of tomato puree or tomato sauce and tip into the pan.



14. Stir the bolognese and add a shake of salt and pepper.



15. Turn the heat up until the sauce starts to boil.

How do I know if it's boiling?

Look for lots of bubbles popping quickly on the surface of the sauce or liquid.

As soon as it starts to boil, turn the temperature down to a medium low heat and put a lid on. The sauce can then simmer.

How do I know if it's simmering?

You can look for slow and occasional bubbles popping on the surface of the sauce or liquid.

TIP: A medium low heat on an electric hob would be about level 3-4 out of 9.



16. The sauce now needs to simmer for half an hour.

- You could set a timer or check the clock now and see when it'll be done.
- Stir occasionally during the half an hour.



17. While the sauce cooks, it's time to cook the spaghetti.

- You may need to fill and boil the kettle again.
- Get out the large saucepan and weigh out your pasta.
- This recipe is for 4 people but if you are cooking for less, weigh out 75g per person.



18. Put the pasta in the saucepan with a pinch of salt and pour boiling water over it.

TIP: The spaghetti will stick out of the pan but as it starts to cook and soften you can push it down and use a fork to stir it into the water.

- Be careful not to get your hand too close to the water!

- Turn the hob onto high and bring it to the boil then reduce to a simmer while it cooks.

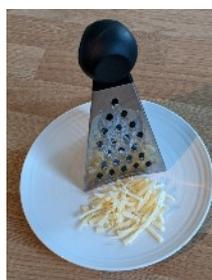
- Check the back of the pasta packet for cooking time. It usually cooks in about 10 minutes.

TIP: It's good to stir the pasta a couple of times while it's cooking to stop it from sticking together.



19. When the pasta is cooked drain it through a colander and put it back in the pan.

- You can stir a tablespoon of olive oil through it to stop it sticking, or stir through some bolognese sauce.



20. Serve the pasta with the bolognese sauce on top.

21. Grate some cheese on top if you like, and enjoy!



**cornwall
people first**



What do I do with the leftovers?

Any leftovers can be put in plastic tubs for the fridge or freezer.

You need to make sure it's cooled off completely before it goes away.

Leftovers will need eating within:

- 3 days if it goes in the fridge, and
- 3 months in the freezer.



Remember, you can add more vegetables or different vegetables!

Some good vegetables to use are:

Carrot,
Celery,
Peppers,
Courgette,
Aubergine.

You can also use different pasta!

Enjoy!

(This guide has been designed using resources from Photosymbols and freepik.com)