

Allergens*:



Gluten



Milk

Family Recipe Card 08

Bolognaise

Recipe
total cost
£8.38

See
ingredients
and cooking
method
overleaf...



Serves 4

A classic favourite, this easy and delicious spaghetti bolognese is thick with a rich well rounded flavour. Everyone loves a good spag bol!



Equipment

- Large saucepan
- Medium saucepan
- Sharp knife
- Chopping board
- Frying pan
- Wooden spatula
- Cheese grater
- Colander



* Ingredients and allergens may vary from different food shops and any Quorn products can contact egg, gluten, and milk, so to always check the label

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Bolognaise



Ingredients:

- 1 onion
- 1 grated carrot
- 2 garlic cloves
- 100g mushrooms
- 1 beef or vegetable stock cube (low salt/low sodium)
- 200ml water
- 400g tin chopped tomatoes
- 1 tablespoon tomato puree
- 500g 5% beef mince or turkey, chicken or quorn mince
- Salt and pepper
- 1 teaspoon mixed herbs
- 300g Wholemeal spaghetti
- 30g cheese per person
- Salad (optional)



Method:

1. Roughly chop or grate all vegetables using a cheese grater.
2. Fry off mince in oil until brown (roughly 8 minutes)
3. Fry onions in oil until softened, (3 minutes)
4. Slice the garlic into small pieces, then add garlic to the pan.
Cook for further 2 minutes
5. Add all ingredients except spaghetti, cheese and salad to large saucepan and boil for 30 minutes on a low heat.
6. In a medium size saucepan, boil salted water and cook spaghetti for 8 minutes, drain using a colander.
7. To serve, mix the pasta into the sauce to combine the flavours
8. Grate cheese and top if desired. Serve with an optional side salad.



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