

## Spaghetti Bolognese

### Ingredients:

200g pasta / spaghetti  
150g minced meat  
1 tbsp oil  
1 tin chopped tomatoes  
2 tbsp tomato puree  
1 teaspoon mixed herbs  
1 vegetable – onion, mushroom, pepper  
50g grated cheese



### Equipment:

Ingredients tray, basin, tea-towel, oven gloves, dishcloth, 2 saucepans, grater (if needed), 1 chopping board, 1 sharp knife, Pot stand, baking tray, wooden spoon, 2 silver dishes, 2 plate system

### Method:

1. Collect all equipment and ingredients
2. Place a saucepan of water on to boil (high heat)
3. When the water is boiling, add the pasta and time for 10 minutes (reduce heat to medium).
4. When the 10 minutes is up, drain the pasta in the colander at the sink. Pour back into the saucepan.
5. Prepare your vegetable.
6. Place oil into the saucepan. Place onto heat. Test how hot the oil is by adding a small amount of minced meat. When sizzling, add the remainder of the meat and cook on a medium heat until brown the whole way through.
7. When browned, add the onion and cook until soft.
8. Add the tomatoes, tomato puree and herbs.
9. Cook for 5 minutes on a simmer.
10. When time is up, serve the pasta, bolognese sauce and top with grated cheese.
11. Complete wash up.