



Quick Spaghetti Bolognese

Ingredients

olive oil

1 tbsp chopped garlic

1 small chopped fresh onion

500g minced beef (or a meat substitute for a vegetarian version)

tbsp tomato purée

1 400g can chopped tomatoes

1 sachet of spaghetti Bolognese mix

500g spaghetti pasta

water as necessary (add a stock cube if needed)

200g grated cheddar or mozzarella cheese

Equipment

1 large non-stick frying pan

1 small sharp knife

chopping board

1 large pan

1 colander

Method

1. Add some olive oil to the frying pan and warm on a low heat. Add the garlic and let it cook for 30 seconds.
2. Add the chopped onions and allow them to cook and soften for 5 minutes. Add the beef (or meat substitute) and gently brown.
3. Add the tomato purée, Bolognese mix and chopped tomatoes. Stir all the ingredients until mixed then bring to the boil, turn down the heat and simmer for around 45 minutes.
4. Boil a kettle of water and add the water to the large pan. Bring to the boil and add the pasta (you might want to break the spaghetti in half for little ones). Check the cooking time on the pasta packet as cooking times will vary.
5. Remove the pasta from the heat, drain and mix in the sauce.
6. Stir in the grated cheese. Add some salt and pepper to season.

Serve and enjoy! Garlic bread would be a great accompaniment to this delicious plate of food.

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