

Spaghetti bolognaise

This is a classic Italian dish that is a regular staple at plenty of kitchen tables. Many people know how to cook a variety of this dish. This recipe highlights ways to bring in more flavour and nutrition to this everyday favourite.



Method

1. Chop all vegetables and set aside for later.
2. Heat the olive oil in your large pot or electric fry pan and sauté onion, celery, and garlic until they are soft.
3. Add minced meat and bacon if you are using it.
4. Fry until meat breaks up into small lumps.
5. Add the stock and boil to evaporate the liquid.
6. Add in chopped vegetables.
7. Add tomato, tomato paste and herbs.
8. Reduce heat and simmer for at least 30 minutes.
9. Prepare your pasta.
10. Grate your cheese.
11. Serve with topped with cheese and if in season, some fresh basil.

PREP. TIME 20 mins

COOKING TIME 20-30 mins

SERVES 6

INGREDIENTS

1 tablespoon of olive oil
1 onion, finely chopped
4 garlic cloves, sliced
1 carrot diced or grated
1 stick celery diced
4 leaves of silverbeet or kale, finely chopped
1 can of whole tomatoes or four ripe whole tomatoes chopped
2 tablespoons of tomato paste
2 cups of beef stock if using tinned tomatoes or 3 cups if using fresh tomatoes
2 sprigs of fresh thyme and rosemary
1 kilogram of beef mince
500 grams of spaghetti (one packet)
Salt and pepper to taste
Parmesan or tasty cheese

Optional:

150 grams of bacon diced
Fresh basil for serving (if in season)

EQUIPMENT

Large stove top pot with solid base or electric fry pan
Wooden spoon
Saucepan
Colander
Tongs
Knife
Chopping board
Bowls for setting aside vegetables





Tips

- For extra flavour, you can use ½ a kilogram of beef mix and ½ a kilogram of pork mince.
- Mushrooms are another good addition to the sauce if you have access to them.
- Freeze extra portions in small containers for an easy meal in the future.
- This sauce can also be used in other recipes such as lasagne or shepherds pie or on top of a baked potato.

Fun Facts

It is actually quite difficult to get a bolognaise type pasta sauce in Italy. They tend to refer to it as ragu which is a meat based sauce typically from the region of Bologna.

