Spaghetti Bolognese

Ingredients

400g mince (beef or Quorn)

1 onion

2 cloves garlic

100g carrots

Beef stock cube (Oxo)

400ml boiling water

2 x 400g tins chopped tomatoes

400g dried spaghetti

2 tablespoons cooking oil

Salt

Pepper

Utensils

Large saucepan

Wooden spoon

Chopping board

Sharp knife

Peeler

Grater

Jug

Measuring spoon

Bowl

Small bowl

Garlic crusher

Method

Put the pan on the hob and turn to 500C. Add a tbsp of oil and allow to warm up. Fill the kettle and boil.

Add the mince and stir until the mince is well cooked and a dark brown colour, ensuring it does not stick to the bottom of the pan. Drain any fat off with a spoon, placing the fat into a bowl. Once all the fat is drained off place the mince in a different bowl. (Quorn mince is already brown so just needs a quick stir - there is no oil to drain.)

Cut off one end of the onion and peel. Cut in half length ways. Thinly slice about 1cm from the uncut end all the way down, then cut across so that the onion is cubed small. Peel the garlic and crush, place with the onion. Peel the carrots, top and tail and then grate.

Crumble the stock cubes into a little of the boiling water and stir until dissolved. Top up to 400ml.

Put a tbsp oil in the pan and place back on hob, heat and then add the onions and garlic and cook gently for 4 - 5 mins or until soft and translucent. Add the grated carrot to the pan, stir and then gently add the mince. (Quorn mince is quite dry so you may need more water as it soaks it up.)

Add the tomatoes and stir well to mix. Pour in the stock. bring to the boil and then reduce the temperature to simmer (gentle bubbling) until the sauce is thick and rich.

Add a pinch of salt and pepper.

Cook the spaghetti until soft, drain and add to the pan of mince. Mix well then serve.