



Spaghetti and Bolognese

Prep:	30 mins
Cook:	Approx 60m
Total:	80 minutes
Servings:	16 children

Ingredients

- 2 tbsp olive oil
- 400g beef mince
- 300g frozen mixed vegetables
- 1 onion, diced
- 2 garlic cloves, chopped
- 1 tbsp dried mixed herbs
- 2 x 400g tin chopped tomatoes
- 400ml stock
- 500g dried spaghetti
- salt and pepper

Method

1. Heat a large saucepan over a medium heat. Add a tablespoon of olive oil and once hot add the onions and fry until translucent. Add the garlic and cook for another 2 minutes.
2. Add the beef mince and a pinch of salt and pepper. Cook the mince until well browned over a medium-high heat. Ensure that the mince is fully broken up.
3. Add the mixed herbs and fully combine.
4. Add the frozen vegetables and cook until defrosted and hot.
5. Add the tomatoes to the pan and stir well to mix. Pour in the stock, bring to a simmer and then reduce the temperature to simmer gently for 45 minutes, or until the sauce is thick and rich. Taste and adjust the seasoning as necessary.
6. When ready to cook the spaghetti, heat a large saucepan of water and add a pinch of salt. Cook according to the packet instructions. Once the spaghetti is cooked through, drain and add to the pan with the Bolognese sauce. Mix well and serve.