

Spaghetti Bolognese

Ingredients:	Equipment:
2 Tablespoons olive oil	Green chopping board
1 large brown onion	Large knife
1 kg minced beef	Wooden spoon
1 Large carrot	Fork
1 Large Celery Stick	Measuring spoons
425g canned tomatoes	Measuring cups
½ teaspoon dried or fresh basil	Large frying pan
½ teaspoon fresh oregano	
½ teaspoon fresh thyme	
1/3 cup tomato paste	
1 cup water	
250g spaghetti	
Grated parmesan cheese	

Method:

<ol style="list-style-type: none">1. Finely chop onion, carrot and celery.2. Heat oil in large saucepan; cook carrot, celery and onion until golden brown. Add beef to pan; cook until beef browns, mashing with fork occasionally to break up lumps.3. Add tomatoes, herbs, tomato paste and the water to pan; bring to a boil.4. Reduce heat and simmer, uncovered, about 30 minutes.	<ol style="list-style-type: none">5. Cook spaghetti in a large saucepan of boiling water until just tender; drain well.6. Arrange hot spaghetti in individual serving bowls; top with sauce. Sprinkle with parmesan cheese.
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