

# Easy Pasta Bolognese

Serves 4

Preparation and cooking time Approx. 20-30 mins

## Ingredients

- 2 teaspoons vegetable oil
- 250 grams / beef mince
- 1 onion, diced
- 2 garlic cloves, chopped
- 100 grams / carrot, grated
- 1 x 400 grams tin chopped tomatoes
- 400ml stock (made from stock cube.)
- 300 grams /dried pasta
- Salt and pepper

## Method

1. Heat a large saucepan over a medium heat. Add a tablespoon of oil and once hot add the diced onion and garlic fry off gently then add the beef mince and a pinch of salt and pepper. Cook the mince until well browned over a medium-high heat.
2. Add the grated carrot and 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 around 20 minutes or until the sauce is thick and rich.
3. When ready to cook the pasta, Cook according to the packet instructions. Once the pasta is cooked through, drain and add to the pan with the Bolognese sauce. Mix well and serve.
4. **Please ensure pasta Bolognese is served piping hot**
  - **PLEASE BE AWARE OF THE SAFETY ASPECT, AND KEEP YOUR CHILDREN AWAY FROM HOT PANS AND OVENS**