

Bolognaise

Ingredients

- 750g Low Fat Beef Mince
- 400g Tin Chopped Tomato
- 150g Onion
- 150g Bell Peppers
- 100g Courgette
- 1 tsp Mixed Herbs
- 1 tsp Chopped Garlic
- 4 tsp Tomato Puree
- 100 ml Red Wine
- Salt & Pepper to Taste
- Splash of Extra Virgin Olive Oil
- 85g Spaghetti per person

Quantities are just a guide as the exact numbers don't matter that much.

Options

- You can substitute the beef with many other meats.
- Add ½ tsp Chilli Flakes for a wee kick!
- Add some mushrooms (I don't like them!)

Equipment

- Big pot
- Sharp Knife
- Basic utensils – nothing special!

Preparation

There's not much to do here other than dice the veg and gather together the other ingredients.



This shows the use of pre-packed veg from the freezer, making it much quicker to assemble into a meal.

Method

Put a splash of olive oil in the pan and brown the mince.

Cover with water and simmer for 30 minutes.

Add the onion, peppers, garlic and herbs and simmer for a further 10 minutes

Add the tinned tomato and the courgette and simmer for a further 10 minutes.

Finally, add the tomato puree and season to taste.

Tips

Works well spaghetti or with many other forms of pasta. Goes really well as a filling to a baked potato.



Portions

Number of portions	6
Final Portion Size	250g
Storage Container	Plastic Tray

Storage

This can be served fresh but also ideal for freezing in a plastic tray for individual meals.

Add a layer of pasta (1 ladle is about 180g) to the bottom of the plastic tray.

Add a ladle of bolognaise on top of the pasta.

Allow to cool before freezing.

Heating & Serving

Heating instructions from chilled are a guide only.

Be sure the meal is piping hot throughout before serving.



5 min

20 min

If reheating from frozen, increase heating times.

Preferably defrosted overnight before heating but not essential. I heat this from frozen and it takes about 9 minutes in the microwave.

Add a splash of water to the tray before heating.

Can be eaten directly from the tray.

Can be boxed without pasta and served with mash or as a filling to a baked potato.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Browning Mince
- Dicing and Slicing Onions
- Cooking Pasta
- Heating Marion's Meals