

# Spaghetti Bolognese

Serves 4

## Ingredients:

- 200g spaghetti /pasta of choice
- 1 tbsp olive oil
- 500g beef mince
- 1 onion, 1 carrot and 1 celery stick
- 500g passata
- 500ml beef stock
- 1 tbsp oregano
- 200ml red wine (optional)
- Hot sauce / Sriracha (optional)
- Grated Parmesan (optional)

## Cook the bolognese

- Add the onion, carrot and celery to a food processor and blitz up
- Heat the olive oil in a large pan over medium heat and add the onion mix
- Cook until the onion looks translucent
- Add the beef mince and separate with a wooden spoon. Mix until browned
- Add the beef stock and reduce down. Add red wine if using.
- Add passata and oregano - reduce the heat and leave to simmer until you have your desired texture (thick or watery)
- Add in sriracha if using.

## Cook the Pasta

- While the bolognese is simmering, boil the spaghetti in salted water according to package instructions. Reserve 120mls of pasta water and drain the rest.

## Combine Everything

- Add the drained spaghetti to the bolognese. Pour in the reserved pasta water and toss to coat.

## Serve and Enjoy

- Garnish with grated Parmesan (or any cheese) if desired. Serve hot and enjoy!



## Sensory Friendly Tips

- **Serve pasta and meat separately**
- **Don't like sauce? Fry off some of the mince separately**
- **Don't like mince? Drain off some sauce and serve with pasta**
- **Overwhelmed? Serve the pasta plain or with a sprinkle of cheese**