



# SPAGHETTI BOLOGNAISE

A LA LEWIS AND SAMUEL

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## LEWIS AND SAMUEL'S SPAGHETTI BOLOGNAISE

- We decided we wanted to make spaghetti bolognaise for dinner from scratch and used lots of healthy ingredients. Including fresh vegetables and extra lean mince. There were 5 of your 5 a day in the sauce alone.

### **Ingredients**

500g minced beef  
1 onion chopped  
1 yellow pepper chopped  
1 courgette chopped  
Mushrooms chopped  
1 tin chopped tomatoes

1 packet passata  
Big squirt of tomato sauce  
Shake of Worcestershire sauce  
Grated cheddar cheese  
Garlic and mixed herbs  
Pasta - either spaghetti or shapes

# METHOD

- **Method**
- Chop the onion, courgette, mushrooms and peppers and fry in a saucepan with some olive oil fry light.
- Once the vegetables are soft add the mince and break apart. Cook until brown.
- Drain off any excess fat from the saucepan and return to the heat.
- Add the chopped garlic and herbs and stir in.
- Add the tinned tomatoes and passata and stir in.
- Add the tomato sauce and Worcestershire sauce and stir.
- Once all bubbling nicely, turn down the heat and add a big handful of the cheese to melt into the sauce.
- As the sauce is simmering put the water on to boil - once boiling add the dried spaghetti or pasta shapes and boil until al dente.
- Drain the spaghetti dish up and serve with a big dollop of the bolognaise sauce on top.
- Sprinkle more cheese on top as required and yummy yummy in my tummy.



CHOPPING



GRATING CHEESE AND  
SOFTENING VEGETABLES



STIRRING IN THE INGREDIENTS



YUMMY YUMMY IN MY TUMMY

