



# Bolognais

- Large Saucepan
- Sharp Knife
- Wooden Spoon
- Tablespoon

## Ingredients

Please bring a container to take home your product

500g Beef Mince **OR** Quorn  
2 medium Onions, finely chopped  
2 Carrots, finely chopped  
1 Celery Stick, finely chopped (Optional)  
2 Garlic Cloves, finely chopped **OR** Garlic Puree  
1 Tbsp Vegetable Oil

### For the Bolognais Sauce:

1 X 400g Tinned Chopped Plum Tomatoes  
2 Tbsp Tomato Puree  
1 Beef / Vegetable Stock Cube

## Method

### STEP 1

Put a large saucepan on a medium heat and add 1 Tbsp oil.

### STEP 2

Reduce the heat and add the onions, carrots, celery sticks and garlic cloves and fry for 10 minutes. Stir the veg often until it softens.

### STEP 3

Increase the heat to medium and add the beef / Quorn mince and cook, stirring for 5 minutes until the meat is browned all over.

### STEP 4

Add the tinned tomatoes, tomato puree and the stock cube and stir with a wooden spoon.

### STEP 5

Bring to the boil, reduce to a gentle simmer and cover with a lid. Cook for 30 minutes stirring occasionally until you have a rich, thick sauce.