

# Bolognese sauce

## Ingredients

- 250g minced beef
- 1 small onion
- 50g mushrooms
- 1 tin chopped tomatoes
- 1 tsp mixed herbs
- 1 stock cube
- 1tsp Tomato puree
- 1 garlic clove
- Salt and pepper



1. Open the tin of tomatoes.



2. Dice the onion using the new technique.



3. Peel and crush the garlic on to your chopping board.



4. Sauté your onions on **heat 5** until softened – takes about **5 minutes**.



5. Add the mince and stir constantly until it turns brown all over.



6. Add the mushrooms and cook for **3 minutes**



7. Add the chopped tomatoes, tomato paste, garlic and herbs. Crumble in the stock cube.



8. Leave to simmer on **heat 3 or 4 for 15 minutes**. Wash up.



9. Season your sauce and turn off the heat. Transfer your sauce to your box.