

SPAGHETTI BOLOGNAISE



DID YOU KNOW?

Always buy the best quality mince you can and make sure to check the fat content—you ideally want mince containing less than 10% fat.



SPAGHETTI BOLOGNAISE

DO IT!

SERVES: 6

GET IT!



INGREDIENTS

30ml olive oil
400g beef mince
1 red onion, diced
2 carrots, diced
1 red pepper, diced
2 tsp garlic purée
30g flour
400g tin chopped tomatoes
300ml vegetable stock
3 tbsp tomato purée
100g mushrooms, sliced
 $\frac{1}{4}$ bunch fresh basil, sliced
400g spaghetti
50g fresh parmesan, grated

This recipe was created by
Harrison's Director of Food
and Service Mark Stower.

Prep time: 60 minutes

1. Add the olive oil to a medium-size saucepan and place it on the stove over a medium heat. Allow the oil to heat for 30 seconds and then add the beef mince and cook until brown. Carefully drain the fat from the pan.
2. Add the onion, carrots, pepper and garlic purée and cook for a further 2 minutes.
3. Mix in the flour, then add the chopped tomatoes and mix. Next, add the stock and mix again, then add the tomato purée.
4. Stir in the sliced mushrooms and bring the sauce to a simmer. Cook at this temperature for about 1 hour.
5. Bring a large pan of water to the boil. Add a little oil to the water and cook the spaghetti according to the packet instructions.
6. Once cooked, drain the spaghetti and put it back in the pan. Add enough bolognaisse sauce to coat the spaghetti and stir in the sliced basil.
7. Serve in large white bowls with the grated parmesan over the top.