

# Spaghetti Bolognese [myinheritedkitchen.co.uk](http://myinheritedkitchen.co.uk)

Ingredients <i>(Red = optional)</i>	Amount for one	Your variation
Minced beef	150g	
Spaghetti	100g	
Onion <i>(could use 80g of frozen)</i>	1/2	
Carrot	1	
Olive oil <i>(not virgin)</i>	1tbsp	
<i>Stick of Celery</i>	1	
Can of cherry tomatoes <i>(or chopped)</i>	400g	
Oregano	1tsp	
<i>Horseradish sauce</i>	1tsp	
Worcester sauce	1tsp	
Beef stock cube	1	
Garlic <i>(from a jar)</i>	1tsp	
Tomato puree <i>(or Ketchup)</i>	1tbsp	
Glass of red wine <i>(drink, add, or both)</i>	1	

## Tools that help

- Scales
- Wok/frying pan
- 18cm saucepan
- Stirrer
- Tongs
- Timer
- Turner
- Vegetable peeler
- Sharp knife
- Sieve
- Cutting board

## Prep Instructions

1. Pour a tbsp of olive oil into wok/frying pan
2. Turn the wok hob to heat 7 for 5-8 minutes
3. Pour 1.5 litre of water into 18cm saucepan
4. Boil 150ml of water, pour into jug & melt stock cube
5. Peel & dice onion
6. Peel carrot and celery, cut into 1cm pieces
7. Break up the mince into smaller pieces

All recipes are based on using an induction hob, fan oven and microwave set at 1,000



Prep Time minutes	Cook time minutes	Your revised time
10	45	<input type="text"/>

<b>All prepared?</b> Start timer at:	<b>45</b>
Put onions, carrots & celery in the wok	<b>45</b>
Add mince & garlic - cook till brown	<b>40</b>
Add oregano, tomatoes, horseradish	<b>33</b>
Add worcester sauce, stock, wine, puree	<b>32</b>
Stir to mix all ingredients	<b>31</b>
Reduce the wok to heat 5.5	<b>30</b>
Simmer - Stir every 5 mins	<b>30-0</b>
Boil the water in the 18cm saucepan	<b>17</b>
Add 1/2 tsp of salt and the spaghetti	<b>13</b>
<i>Add 3 drops of olive oil to stop sticking</i>	<b>13</b>
Simmer spaghetti at heat 6.5 <i>(without lid)</i>	<b>12</b>
Stir spaghetti every 3 mins to separate and avoid sticking	<b>12-1</b>
Heat bowl in microwave for 2 minutes	<b>2</b>
Drain spaghetti in the sieve	<b>1</b>
Add spaghetti in tong fulls to the wok	<b>1</b>
Stir to cover the spaghetti with the sauce	<b>1</b>
Tip wok contents into the hot bowl	<b>0</b>
Add 1/2 tsp of Oregano and pepper	<b>0</b>