

Spaghetti Bolognese



Ingredients

	125g mince		onion
	courgette		pepper
	Mixed herbs		Chopped tomatoes
	Pasta (Any shape)		Garlic puree

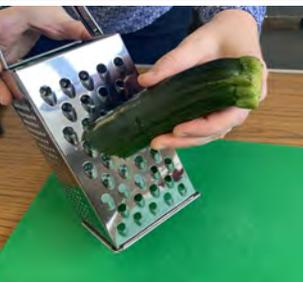
You will need

	Chopping board		saucepan
	Large saucepan & Metal colander		grater
	Tin foil		Tin opener
	Sieve		Chopping knife
	Mixing spoon		Serving bowl
	Teaspoon		

Method

	<p>Boil water in a large saucepan while you prepare the pepper</p>
	<p>Cut the pepper in half with a chopping knife</p>
	<p>Pull apart and remove the seeds and stalk</p>
	<p>Cut into finger length pieces</p>
	<p>Place the pepper into a metal colander and sit on top of the saucepan of boiling water</p>
	<p>Cover with tin foil and steam for around 10 minutes</p>
	<p>Pepper should be soft enough to squish between finger and thumb</p>

Method

	<p>Remove the skin from the pepper</p> <p>You may reserve some pepper pieces for finger food</p>	
	<p>Cut and dice the remaining pepper into small pieces</p>	
		<p>Cut off 1 end of the courgette and grate $\frac{1}{2}$ of a courgette</p>
		<p>Peel and cut onion in half (only use $\frac{1}{2}$)</p> <p>Cut slices in 1 half of the onion</p>
	<p>Carefully cut horizontally the onion</p>	
		<p>Now cut onion in small pieces</p>

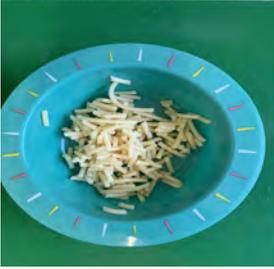
Method

		Place mince in a pan
		Brown the mince for around 2-3 minutes Drain off any excess fat
		Add the onion and cook for a further 2-3 minutes
		Add the pepper
		Add the courgette
		Open the tin of chopped tomatoes using a tin opener and add to the mince mix.

Method

		Add about a ¼ teaspoon of mixed herbs
		Add ½ teaspoon of garlic puree
		Mix well Continue to cook for 30 minutes, stirring occasionally until mince is soft and vegetables are fully cooked
		While mince is cooking add a handful of spaghetti pasta into a saucepan of boiled water Cook for around 10 minutes
		Drain using a sieve and you can run under cold water to cool slightly
		Cut spaghetti into small pieces

Method

	Place into a serving bowl
	Add the Bolognese to the spaghetti (or pasta of your choice)
	Mix well
	Serve to baby when cooled a little
	<u>Optional</u> Add some penne pasta cut up as a finger food