



Spaghetti Bolognese

4 Portions

Ingredients

- ¼ teaspoon dried mixed herbs
- ½ Small onion, chopped
- 1 pepper (any colour)
- ½ courgette, grated
- 1 tin chopped tomatoes
- ½ tsp garlic puree
- 125g minced beef (Turkey mince, Quorn as alternatives)
- Cooked pasta of your choice (Spaghetti, orzo pasta or any pasta shape)

Method

1. To prepare the pepper for cooking – Cut the pepper in half lengthways and pull off the stalk. Remove the white pith and seeds using your knife and cut into finger size strips.
2. Steam cook for approximately 10 mins until the pepper can be squidged between thumb and finger. Cool for a few minutes and remove the skin, as this will be tough for baby. Reserve some of the pepper strips to offer as finger food and dice finely the remaining pepper for the Bolognese.
3. Place minced beef in a pan and brown for 2 – 3 minutes, drain off any excess fat.
4. Add onion and continue cooking for a further 2 - 3 minutes.
5. Add garlic, pepper, courgette, tinned tomatoes and mixed herbs and mix well.
6. Continue to cook for 30 mins, stirring occasionally until mince is soft and vegetables are fully cooked.
7. Serve with the pasta of your choice – If you wish to offer your baby pasta on a spoon you can mash or finely chop the pasta, you can then expand on texture by offering larger cut pieces of the pasta of your choice. If you are offering as a finger food – you can use whole pasta shapes such as penne, fusilli or spaghetti.