



# Brilliant Bolognese

A quick and easy base dish to make lots of tomato meals from, such as lasagne, meatballs, pasta bakes and pizza sauce. Really simple to make, and delicious on its own with pasta or rice - or with some salad on the side.



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Watch the how to make this dish  
video at [growtogive.co.uk](http://growtogive.co.uk)

## Allergen info

- \* Celery – this is in the Ketchup, celery and vegetable stock cube
- \* Gluten – meatballs or sausages, pasta (wheat)
- \* Milk – cheese
- \* Fish - fish

## Equipment

Scales, chopping board, large frying pan, saucepan, mixing jug, knife, grater, spoon and colander.

## Ingredients

- 2 tablespoons (tbsp.) of oil
- 2 x 400grams(g) tins tomatoes
- \* 2 tbsp. **ketchup** (or 2tbsp tomato puree with 1 tsp. sugar)
- 1 teaspoon (tsp.) dried mixed herbs or 1 tbsp. of fresh herbs
- \* 500ml vegetable stock (1 **stock cube**)
- \* **Pasta** or Rice – 70g per person

### Suggested veg:

- 1 onion chopped finely (any colour)
- 1 carrot, grated and/ or 1 courgette grated

## Optional Extras

- 2 cloves of garlic chopped finely (or use garlic in jar or tube)
- \* 1 **celery** stick chopped finely
- Salt and pepper to season
- \* Add meat (tinned **meatballs** or **sausages**), meat substitute, **fish** or lentils
- Add fresh herbs instead of dried at the end
- \* Grated **cheese**, any type, to finish

## Helpful Tips

- Make extra to keep in fridge or freezer for another meal

## Method

 Serves 4



1

Grate the onion, or chop it finely. Do the same with the garlic



2

Grate the courgette and carrot



3

Heat the oil in a saucepan and add the onion and cook gently until soft. Add meat, meat substitute, fish or lentils at this stage if using



4

Add the grated courgette, carrot and celery. Stir well



5

Add the garlic and tomatoes to the pan.



6

Add the ketchup or tomato puree with sugar. Stir and add the stock dissolved in 500ml of water, dried herbs, salt and pepper



7

Bring to the boil and then turn down the heat cook for 45 minutes stirring occasionally.



8

To cook pasta: 12 minutes before the end put the pasta in a pan with salted boiling water. Serve and enjoy

