

# SPAGHETTI BOLOGNESE

## PREPARATION

- Peel and dice the onions • Slice the mushrooms
  - Peel and crush the garlic • Grate the cheese
  - Pick and chop the parsley leaves (reserving the stalks\*)
1. Heat a large pan or bratt pan. Add enough olive oil to coat, then fry the onions and mushrooms for 5 minutes, stirring regularly.
  2. Add the minced beef and garlic, breaking up the mince with a wooden spoon or spatula, then cook for another 5 minutes.
  3. Stir in the flour, dried herbs and tomato purée, followed by the tomato base sauce.
  4. Season with sea salt and black pepper and simmer for around 1 hour and 20 minutes.
  5. Taste and adjust the seasoning, if needed, also adjusting the consistency by adding a little extra water, if necessary.
  6. Cook the spaghetti in plenty of boiling salted water according to the packet instructions, then drain and toss in a little olive oil.
  7. Serve the spaghetti Bolognese sprinkled with the grated cheese and chopped parsley.



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## SERVING

Serve with mixed leaf salad.

\*Parsley stalks can be chopped and used in the Tomato base sauce.

### JAMIE SAYS...

“This super-useful Bolognese sauce is brilliant when it comes to mixing up the ingredients. To make it suitable for vegetarians, simply swap out the mince for lentils.”

## NOTE ON NUTRITION

The tomato base sauce will give you all that lovely added veg and nutrition. Use lean mince if you can, and you can also try swapping in some lentils as well to up the veg and fibre content.

## NUTRITION

Each secondary portion (252g) contains:

Energy	Fat	Sat fat	Sugars	Salt
476kcal	15.3g	5.3g	11.6g	0.8g

## NOTES

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## LOOKING FOR THE INGREDIENTS?

Turn over to page 2 →

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## INGREDIENTS

30 25	60 50	120 100	180 150	240 200	Primary portions Secondary portions
250g	500g	1kg	1.5kg	2kg	onions
125g	500g	1kg	1.5kg	2kg	button mushrooms
2	4	8	12	16	cloves of garlic
175g	350g	700g	1kg	1.4kg	Cheddar cheese
¼	½	1	1½	2	30g bunches of fresh flat-leaf parsley
					light olive oil or vegetable oil
1.25kg	2.5kg	5kg	7.5kg	10kg	minced beef
100g	200g	400g	600g	800g	plain flour
½	1	2	3	4	tablespoons mixed dried herbs
¼	½	1	1½	2	tablespoons dried oregano
1	2	4	6	8	tablespoons tomato purée
2	4	8	12	16	litres Tomato base sauce
½	1	2	3	4	teaspoons sea salt and black pepper
1kg	2kg	4kg	6kg	8kg	dried spaghetti (swap in wholemeal if you can) 4-10 year olds - 45-65g 11-18 year olds - 65-80g