



# Spaghetti bolognese

## What you'll need

- ✓ 200g lean minced beef (you can swap the mince for soya mince if vegetarian, or mixed beans.)
- ✓ 1 small onion, peeled and diced
- ✓ 1 medium carrot, peeled and grated
- ✓ 1 teaspoon garlic purée or 1 clove garlic, crushed
- ✓ 1 teaspoon bouillon powder or reduced salt veg stock
- ✓ 1 teaspoon dried mixed herbs
- ✓ 1 large can (400g) chopped tomatoes
- ✓ 75g porridge oats
- ✓ 200ml water
- ✓ 450g spaghetti

## Allergies

- ✓ Dairy free
- ✓ Egg-free (if the spaghetti is egg-free)

Recipe makes 4 adult portions

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# Spaghetti bolognese

## What to do

1. Dry-fry the mince with the onion, carrot, garlic, bouillon powder and mixed herbs until the mince is browned.
2. Add the tomatoes, oats and water and simmer gently for 15 to 20 minutes with a lid on until the meat and vegetables are cooked.
3. While the bolognese is cooking, boil the spaghetti in water until tender (10–12 minutes), and then drain.
4. Serve the bolognese sauce over the pasta. Serve with a side of cooked soft vegetables, cut into fingers for babies.

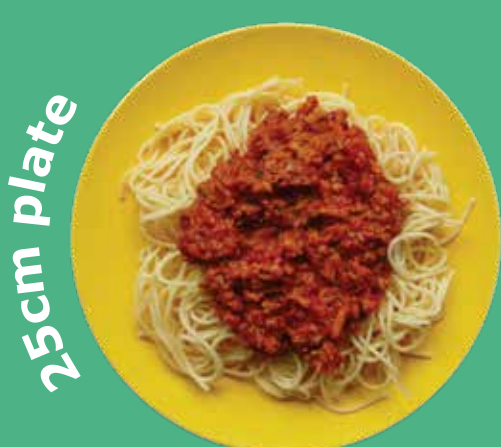
## For babies

If serving this meal to a baby, chop finely, and allow to cool before serving. Don't add the bouillon powder until after you have taken out the baby's portion.

## Leftovers

Cool the bolognese within 1-2hrs, then store in an airtight container in fridge, or freeze. Use leftovers in fridge within 2 days. Defrost leftovers from freezer thoroughly before reheating. When reheating make sure food is piping hot all the way through. Only reheat once. Cool before serving to babies.

Adults, or teenagers  
aged 12–18



5–11 year old



1–4 year old



7–12 month old

