

## Bolognese sauce

### Equipment

Chopping boards

sharp knives

Large saucepan

frypan

### Ingredients:

- **Bolognese sauce**
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 1 carrot, finely chopped or grated
- 1 stick celery, finely chopped
- 2 garlic cloves, crushed
- 500g lean beef mince
- 140g carton tomato paste
- 1 cup thick Italian tomato pasta sauce (passata)
- 1 cup chicken stock
- 1/2 cup white wine
- 1/2 teaspoon dried oregano
- 1/4 teaspoon ground nutmeg

### Method

1. *Make sauce* Heat oil in a heavy-based saucepan over medium heat. Add onion, carrot, celery and garlic. Cook for 3 minutes, or until tender. Add mince. Cook, stirring, for 5 minutes or until browned. Add tomato paste, pasta sauce, stock, wine, oregano, nutmeg, and salt and pepper. Mix well.
2. Bring to the boil. Reduce heat to medium-low. Simmer, uncovered, for 35 to 45 minutes or until thick. Season with salt and pepper.
3. Cook pasta in a saucepan of boiling salted water, following packet directions, until just tender. Drain. Arrange on 4 serving plates. Spoon over sauce. Top with parmesan and freshly ground black pepper.