



Food For Thought Recipe and Allergen Card

Beef Spaghetti Bolognese

100 Portions

Ingredient	Hannah Product Code	Quantity
Onion – Diced		1kg
Carrot – Diced		1kg
Garlic – Chopped		1 Bulb
Celery - Chopped		1kg
Beef Mince		4k
Tomato Puree	D001630	1x 800g
Chopped Tomato	D002052	2x 2.5kg
Oregano	D001161	20g
Salt	D001161	To taste
Pepper		To taste
Spaghetti	D200375	1x 3kg
Olive Oil	D001010	For Frying

RECIPE METHOD – **ALLERGENS**

1. In a heavy bottomed sauce pan with hot olive oil for frying, add all of the chopped **celery** and carrot, and half of the onion, garlic, and oregano
2. Cook for at least 5 minutes to allow the vegetable to soften and all the flavours to develop
3. Add the tomato puree and chopped tomatoes, bring to the boil stirring regularly and simmer for a further 15 minutes, blend into a smooth sauce
4. In a separate pan with hot oil fry the remaining onion and garlic
5. Add the beef mince to the pan and cook until well browned
6. Add the remaining oregano
7. Combine the cooked mince with the tomato sauce and add salt and pepper to taste
8. 2/3rd fill a large saucepan with water and bring to the boil
9. Add a generous pinch of salt and a drizzle of olive oil to flavour the water
10. Once boiling add the **spaghetti** and boil for 12-15 minutes stirring regularly, until the pasta is cooked 'al dente'
11. Serve Immediately

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...