
















## Bolognese Sauce for 1

### Prepare Ingredients

|  |  |
|--|--|
| 100g Mince Beef  |    |
| ¼ Onion  |    |
| ½ Cup of Passata   |   |
| ½ Tablespoon tbsp Olive Oil                                |  |
| Cut ½ of any of the vegetables into small cubes / circles. |  |

Method:

|        |   |  |  |
|--------|---|--|--|
| Step 1 | Slice onion finely                                      |    |  |
| Step 2 | Slice garlic finely                                     |    |  |
| Step 4 | Add vegetable/s of your choice<br>Cut into small pieces |    |  |
| Step 5 | Get a small frying pan and add measured oil.            | <br> |  |

|         |   |  |  |
|---------|---|--|--|
|         |   |  |  |
| Step 6  | Add mince, onions and vegetables                                  |    |  |
| Step 7  | When all the mince is brown add the tomato passata.               |    |  |
| Step 8  | Season with a pinch of your choice of herbs                       |   |  |
| Step 9  | Leave bolognese on a low heat to cook whilst you cook your pasta. |  |  |
| Step 10 | Wash up, dry up, put away, wipe area.                             |  |  |