

Bolognese Sauce

Ingredients



- 400g Mince/Quorn
- 1 clove of Garlic
- 1 onion
- 1 pepper
- 50g Mushrooms
- 454g tin chopped tomatoes
- 1 tbsp tomato puree
- Stock Cube
- Salt & Pepper

Method

- ❖ Peel & Chop the onion and Garlic. Wash the mushrooms and Pepper then slice. Put all prepared veg on the White Tray.
- ❖ Open the tinned tomatoes
- ❖ Dry fry the mince, garlic & Onion in a large pan until browned. Stir occasionally to prevent sticking. If using quorn heat the oil before adding the quorn
- ❖ Add the pepper and mushroom and cook for 5 mins
- ❖ Add the chopped tomatoes, puree, salt & pepper and mix well.
- ❖ Bring to the boil, then turn down and simmer for 15minutes.

Level 4	Level 5	Level 6
With some accuracy & little support student can prepare vegetables, combine and heat ingredients and understand when product is cooked	Student works independently to prepare vegetables. They can check progress of cooking and know when product is cooked	Student is able to work independently to prepare vegetables in equal sized pieces. Students can solve any problems that arise to produce a good quality product without assistance