



# Quick Bolognese Sauce



what



ingredients



how much



Olive Oil

2



2 tablespoons



minced beef



500g



chopped



Onion

1



chopped



carrot

1



Chopped Tomatoes

2



2

tins



Mixed herbs



1 teaspoon



crushed



garlic



1 teaspoon




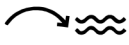




## Method



put  olive oil in pan



 crumble  minced beef into  pan and  heat for

**2**  2 minutes until  brown



 add onion and  carrot. heat for 1 minute.



 add chopped tomatoes,  mixed herbs and

 garlic,  stir



boil



boil gently for 15 minutes,  stirring  occasionally



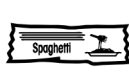
boil



pasta



cook



spaghetti

in



boiling



water

for

10 minutes

