

SPAGHETTI BOLOGNESE - with garlic herb focaccia

WHAT YOU NEED: Serves 4

- 400gm beef mince
- 1/2 onion, finely chopped
- 2 teaspoons minced garlic
- 1 carrot, grated
- 1 stalk celery, finely chopped
- 1/2 cup stock
- 2 cups passata (tomato puree)
- 3 Tablespoons tomato paste
- 2 teaspoons Worcestershire sauce
- 2 teaspoons sugar
- 2 teaspoons Tuscan seasoning
- 1 cup tasty cheese, grated
- 400gm spaghetti (cooked according to packet directions)



WHAT TO DO:

BOLOGNESE

1. Finely chop onion. Finely slice celery (including leaves). Grate carrot.
2. Grate cheese and keep aside for later.
3. Heat 1 Tablespoon oil in a frypan, cook onion for 2 minutes. Add mince and celery and cook until mince has browned.
4. Add garlic, tomato paste and Worcestershire sauce. Cook for 2 minutes.
5. Add carrot, sugar, Tuscan seasoning and stock, cook for 2 minutes.
6. Add passata, lower heat. Cover and simmer for 15 minutes.
7. Add water if needed (1/2 cup) cook a further 10 minutes stirring occasionally.
8. Add cooked spaghetti to sauce, mix well.
9. Top with grated cheese and serve with garlic and herb focaccia.

WHAT TO DO:

GARLIC AND HERB FOCACCIA

1. In a metal bowl, combine 2 cups plain flour, 2 teaspoons baking powder, 1 teaspoon garlic powder, 1 teaspoon salt.
2. Add 1 cup soda water and mix with metal knife until a soft dough forms.
3. Turn out onto a floured bench and knead lightly.
4. Pat dough out into a rectangular shape then place onto baking tray.
5. Spread the dough to fit entire tray making sure there are no holes and surface is flat. Poke surface with fingers to make indents.
6. Combine 2 Tbs olive oil, 2 tsp crushed garlic and 2 tsp mixed herbs.
7. Brush over top of dough. Bake at 200° for 20 - 25 minutes.

