



On Camp with Kelly



## Bolognese Sauce



### ***Ainsley says...***

*"There's no doubt that making an authentic Bolognese sauce can take a bit of time which is why I'll always make a large quantity so that I can freeze it in smaller batches. A little of this sauce goes a long way as the sauce should just coat the pasta nicely. It can also be adapted to make chilli and cottage pie."*

Serves 6-8

2 tablespoons olive oil  
1 onion, finely chopped  
1 carrot, finely diced  
1 celery stick, finely diced  
½ teaspoon chopped fresh thyme  
1 bay leaf  
450g lean minced beef  
2 tablespoons tomato puree  
500g jar passata (Italian sieved tomatoes)  
salt and freshly ground black pepper

Heat a large, heavy-based pan. Add the oil and sauté the onion, carrot, celery, thyme and bay leaf. Cook for 8-10 minutes until the vegetables have softened and taken on a little colour, stirring occasionally.

Add the minced beef to the pan and mix until well combined, then sauté until well browned, breaking up any lumps with a wooden spoon. Stir in the tomato puree and continue to cook for another minute or two, stirring.

Stir the passata into the mince and vegetable mixture and season to taste. Bring to the boil, then reduce the heat to the lowest setting and simmer for at least 1 hour, or up to 4 hours is best until the beef is meltingly tender and the sauce has slightly reduced, stirring occasionally.

### If serving with spaghetti cook as follows:

Bring a large pan of water to a rolling boil. Add a good pinch of salt and swirl in the spaghetti. Stir once and then cook for 8-10 minutes or according to instructions on the packet until the pasta is 'al dente'. Drain and quickly refresh under cold running water, then return to the pan and add the hot Bolognese sauce. Toss until well combined and then divide among warmed wide-rimmed bowls. Scatter over some Parmesan to serve.

### Nutrition information

Spaghetti Bolognese				RDA	
Sauce					
	Per serve (serves 6)	Per serve (serves 8)	Per 100g	Male	Female
Kcal	194	145	93		
Protein (g)	18	13	8.6		
Carbohydrates (g)	6.0	4.5	2.9		
Fat (g)	11.1	8.3	5.3		
Saturated fat (g)	3.7	2.8	1.8		
Monounsaturated fat (g)	5.8	4.3	2.8		
Polyunsaturated fat (g)	0.7	0.5	0.3		
Iron (mg)	1.7	1.3	0.8	8.7	14.8
Zinc (mg)	3.5	2.6	1.7	5.5-9.5	4-7
Vitamin C (mg)	12.8	9.6	6.2	40	40

This dish is a good source of B vitamins

Pasta servings			
	Small portion (70g uncooked weight)	Medium portion (90g uncooked weight)	Large portion (110g uncooked weight)
Kcal	239	308	376
Protein (g)	8.4	10.8	13.2
Carbohydrates (g)	51.9	66.7	81.5
Fat (g)	1.3	1.6	2

<b>Add Parmesan</b>	
	1 tablespoon (20g)
Kcal	83
Protein (g)	7.2
Carbohydrates (g)	0.2
Of which sugars (g)	0.2
Fat (g)	5.9
Saturated fat (g)	3.9
Monounsaturated fat (g)	1.5
Polyunsaturated fat (g)	0.2
Calcium (mg)	205