



Jims Kitchen

Recipe: Spaghetti bolognese	Yield: 2 kg
Serves: 8	Portion size: 250 g
Common allergens present: Wheat, Milk, Soy, Egg	

Ingredients	Amounts		Common Allergens Present	Alternative Ingredients/Modifications
	Quantity	Units		
Olive oil	2	Tbsp		
Beef mince	800	g		
Onion (diced)	1	cup		
Garlic (crushed)	5	cloves		
carrot (grated)	200	g		
crushed tomatoes (tinned)	800	g		
beef stock	400	ml	Wheat Milk Egg Soy	Wheat, Milk, Egg and Soy free stock is available in store room
spaghetti	800	g	Wheat Egg	Pulse pasta available, wheat and egg free
salt				
pepper				

Procedure

Step 1: In a large saucepan over medium heat, add olive oil and once hot add onion and cook until soft.

Step 2: Add the garlic and fry for 1-2 minutes. Add the mince and carrots and cook until mince is browned

Step 3: Stir in the crushed tomatoes and beef stock and mix well. Bring the pot to a simmer and then reduce the heat to simmer gently for 30 minutes

Step 4: When ready to cook the spaghetti, heat a large saucepan of water and add a pinch of salt. Once water is boiling, add spaghetti and continue to simmer until spaghetti is cooked through. Drain spaghetti and add to the pan with the bolognese sauce. Mix well and season with salt and pepper. Serve.

Date: 20/07/2019

Signed: XXXXX

Chef: Jim Stevens

Common allergens present:

Wheat

Gluten

Egg

Peanut

Tree nut

Cow's milk

Fish

Shellfish

Sesame

Soy

Lupin