



National Allergy Strategy - Standardised recipe (example)

Yield: 2kg
Portion size: 250g
Serves: 8

Spaghetti Bolognese

Ingredients (include brand)	Amounts		Common allergens present	Ingredient substitution options
	Quantity	Units		
Olive oil (Carbonell extra virgin)	2	Tbsp		
Beef mince (Jim's butchers)	800	g		
Onion (diced)	1	cup		
Garlic (crushed)	5	cloves		
Carrot (grated)	200	g		
Crushed tomatoes (Ardmona tinned)	800	g		
Beef stock (Continental superb stock – beef)	400	ml	Wheat, milk (dairy), soy. May contain: Tree nuts	Beef stock (Massel liquid beef stock)
Spaghetti (Sam Remo)	800	g	Wheat, gluten May contain: Egg, soy	Pulse pasta
Salt (Saxa)	pinch			
Pepper (McCormick)	pinch		May contain: Sesame	Pepper (Community Co)

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 brown.

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: To cook the spaghetti, heat a large saucepan of water and add a pinch of salt. Once the water is boiling, add spaghetti and continue to simmer until the spaghetti is cooked through.

Step 5: Drain spaghetti and add to the pan with the bolognese sauce. Mix well and season with salt and pepper. Serve.

Common allergens present: [tick all allergens present]

<input checked="" type="checkbox"/> Milk (dairy)	<input checked="" type="checkbox"/> Egg	<input type="checkbox"/> Fish	<input type="checkbox"/> Crustacean	<input type="checkbox"/> Mollusc
<input checked="" type="checkbox"/> Sesame	<input type="checkbox"/> Lupin	<input checked="" type="checkbox"/> Soy	<input type="checkbox"/> Peanut	<input checked="" type="checkbox"/> Wheat
<input type="checkbox"/> Barley	<input type="checkbox"/> Oats	<input type="checkbox"/> Rye	<input checked="" type="checkbox"/> Gluten	
Tree nuts:				
<input checked="" type="checkbox"/> Almond	<input checked="" type="checkbox"/> Brazil nut	<input checked="" type="checkbox"/> Cashew	<input checked="" type="checkbox"/> Hazelnut	<input checked="" type="checkbox"/> Macadamia
<input checked="" type="checkbox"/> Pecan	<input checked="" type="checkbox"/> Pine nut	<input checked="" type="checkbox"/> Pistachio	<input checked="" type="checkbox"/> Walnut	

Name: Jeff Stevens

Role: Head Chef

Signed:

Date: 20/04/2021