



<b>Yield:</b> 2kg
<b>Portion size:</b> 250g
<b>Serves:</b> 8

## Spaghetti bolognese

Ingredients	Brand	Amounts		Common allergens in the ingredient	Common allergens in the Precautionary Allergen Labelling (PAL) statement
		Quantity	Units		
Olive oil	Carbonnell 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, gluten, milk (dairy), soy	Tree nuts
Spaghetti	San Remo	600	g	Wheat, gluten	Egg, soy
Salt	Saxa	pinch			
Pepper	McCormick	pinch			Sesame

### Procedure

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

**Step 2:** Add the garlic and fry for 1-2 minutes. Add the mince and grated carrot and cook until the 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 the spaghetti and add to the pan with the Bolognese sauce. Mix well and season with salt and pepper. Serve.

**Summary of common food allergens**

<b>Milk (dairy)</b> <input checked="" type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Sesame</b> <input type="checkbox"/> Contains <input checked="" type="checkbox"/> PAL statement	<b>Wheat</b> <input checked="" type="checkbox"/> Contains <input type="checkbox"/> PAL statement
<b>Egg</b> <input type="checkbox"/> Contains <input checked="" type="checkbox"/> PAL statement	<b>Lupin</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Barley</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement
<b>Fish</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Peanut</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Oats</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement
<b>Crustacean</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Soy</b> <input checked="" type="checkbox"/> Contains <input checked="" type="checkbox"/> PAL statement	<b>Rye</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement
<b>Mollusc</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement		<b>Gluten</b> <input checked="" type="checkbox"/> Contains <input type="checkbox"/> PAL statement
<b>Tree nuts</b> <input type="checkbox"/> Contains <input checked="" type="checkbox"/> PAL statement		
<b>Complete for individual tree nuts if information is available:</b>		
<b>Almond</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Hazelnut</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Pine nut</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement
<b>Brazil nut</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Macadamia</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Pistachio</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement
<b>Cashew</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Pecan</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Walnut</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement

**Nutrition information (optional)**

	Per portion (250g)	Per 100g
Energy (kJ)	2144	588
Protein (g)	30.9	8.5
Total fat (g)	10.9	3.0
Saturated fat (g)	2.6	0.7
Carbohydrate (g)	68.0	18.7

Sodium (mg)	245	67.2
Potassium (mg)	1319.9	313
Phosphate (mg)	425.5	100.9
Calcium (mg)	60	23.6
Dietary fibre (g)	3	1.2

<b>Name:</b> Jeff Stevens	<b>Role:</b> Head Chef
<b>Signed:</b> 	<b>Date:</b> 28/05/22