



SPAGHETTI BOLOGNESE

INGREDIENTS - Serves 4 people

- 1 medium onion
- 200g mushrooms
- 2 tablespoons oil
- 300g lean minced beef
- 2 teaspoons minced garlic
- 420g can Wattie's® Traditional Pasta Sauce
- 1/2 cup water or beef stock
- grated Parmesan cheese
- chopped parsley
- Spaghetti (dry)

METHOD

1. Peel and chop the onion finely. Wipe the mushrooms gently with a damp paper towel or clean cloth, then slice them.
2. Heat the oil in a frying pan. Add the mince and onions and cook over a high heat, stirring the mince well to break up any lumps as it browns.
3. Add the garlic and mushrooms. Continue cooking for a further 1 minute.
4. Pour over the Wattie's® Traditional Pasta Sauce and water. Stir well. Bring to the boil. Lower the heat and simmer the sauce uncovered for 15-20 minutes or until beef is cooked. Stir occasionally.
5. Serve the sauce over cooked spaghetti or other pasta. Sprinkle with grated Parmesan cheese and chopped parsley before serving.

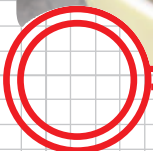
To cook spaghetti

1. Bring a large saucepan of salted water to a rolling boil. Carefully add spaghetti to the water, gradually allowing it to slide into the pan to avoid breaking the pasta.
2. Stir spaghetti with a large fork to keep the pasta separate.
3. Continue cooking at a rapid boil for 12-15 minutes until the pasta is al dente (firm to the bite).
4. Remove from the heat. Drain thoroughly. Return to the saucepan and toss a little olive oil through the pasta – this will avoid the pasta sticking together.

TIP - Allow 100-125g uncooked pasta per person.

RECIPE VARIATIONS

1. You could use smaller shaped pasta and toss through the meat sauce when cooked.
2. Add 400g of frozen mixed vegetables five minutes before the end of cooking.
3. Replace the beef mince with chicken, pork or lamb mince.



UNDERSTANDING INGREDIENTS

Pasta sauce

- Pasta sauce can be used as a quick and easy base for many pasta dishes.
- Tomato-based pasta sauce is really just a very concentrated tomato mixture, and often has other ingredients added such as onion, garlic or herbs.
- It is a great source of lycopene and has lots of vitamins and minerals as well. For more information about lycopene see 'Nutrition facts' over the page.



FOOD CHEMISTRY

Cooking and browning meat

- Cooking meat makes it easier to chew and digest.
- It also makes it safe to eat by destroying micro-organisms that may be harmful.

There are two main methods – either moist or dry heat.

- **Moist heat** is used for cuts of meat that do not have enough water present in their tissues to soften the tough fibres. Long slow cooking in liquid is used to make the meat tender.

Examples of moist heat cooking are:

- stewing
- braising
- casseroles
- boiling

- **Dry heat** can be used for tender meat cuts as they have enough water present in their tissues to tenderise them while cooking.

Examples of dry heat cooking are:

- grilling
- pan frying
- roasting
- barbecuing

COOKING TECHNIQUES

How to brown meat

1. Heat a heavy-based frying pan over a moderate heat.
2. Add a little oil if the pan does not have a non-stick surface.
3. Add the meat and cook over a medium heat until the under-side is golden brown.
4. Turn and continue cooking the meat until the other side is golden brown too.

Tips

- Don't put too much meat in the pan at once, it lowers the temperature and stops the meat browning properly.
- If the heat is too high the meat will become dry and develop a burnt flavour.
 - Very high temperatures break down the fat to a smoke-like substance called **acrolein** that has a nasty flavour and makes your eyes sore.
- When cooking mince-meat break it up with a fork as it is cooking.

NUTRITION FACTS

What is Lycopene?

- It is the pigment that makes certain fruit and vegetables red.
- All tomato-based products contain lycopene.
 - Heated tomatoes such as fresh-cooked, canned and sauces are highest in lycopene because heating makes the lycopene more available to the body.
- Research has shown lycopene is important for good health and may help prevent a number of diseases.

