



Recipe

cheesy bolognese pasta

A classic, Italian inspired dish with a Nursery Kitchen twist - loads of hidden veg! We've added 6 different vegetables to this recipe, together with lentils, which means it is loaded with goodness! And as this dish needs to be slow cooked, the flavours really pack a punch, too.

Ingredients

A glug of cooking oil

1 small onion - chopped

1 small punnet of mushrooms - chopped small

1 carrot - chopped or grated

300-500g beef mince

1 red pepper - chopped

1 small sweet potato - grated

3 garlic cloves - finely chopped

100g red lentils

1tbsp tomato paste

600g passata

dried mushrooms - 5 pieces chopped

1 tin of chopped tomatoes

500ml water

1 beef stock cube

1tbsp marmite

2 sprigs of rosemary (leaves only - chopped)

1tsp oregano

Pinch of black pepper

Method

Add oil to a wide based pan on medium heat, and wait for the oil to get hot. - Add chopped onion, mushrooms, and carrot and allow to gently cook for at least 15 minutes, only stirring now and then, until any water that gets released has evaporated and veg has started to caramelize.

Once veg is golden, remove onto a plate and then add a splash more oil to the pan before adding the beef mince. Cook the beef for 10 minutes, or until it has golden brown edges.

Add caramelised veg back into the pan with the browned beef and add red peppers, sweet potato, red lentils, tomato puree, and garlic. Give everything a good stir to combine.

Add chopped tomatoes, passata, water, stock cube, marmite, rosemary, dried oregano, black pepper, and dried mushrooms. Allow sauce to simmer, stirring occasionally for at least 1 hour until it has reduced and is thick and rich.

Serve with your favourite pasta. Make it extra special by adding a bechamel sauce and grated cheese!

Please note: This recipe is correct at the time of publication on 04/10/2023. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

Nutritious delight with every bite

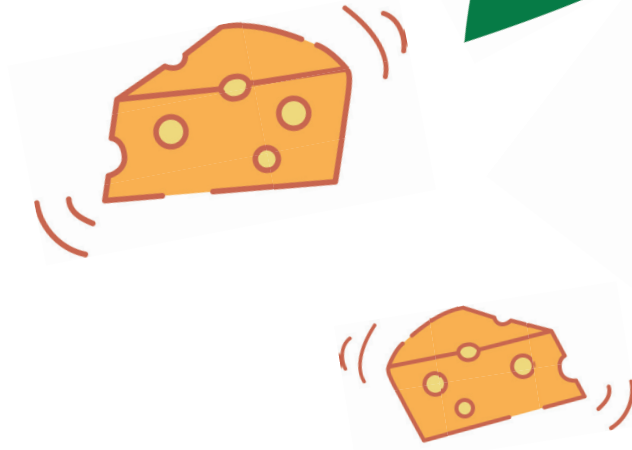
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bechamel sauce ingredients and method

Ingredients

- unsalted butter - 40g
- 1 small onion - chopped
- 2 garlic cloves - chopped
- plain flour - 30g
- milk - 525ml



Method

In a medium heat wide based pan allow butter to melt

Add chopped onion and allow to gently cook for 15 minutes until soft and golden, stirring occasionally

Add chopped garlic and cook for 2 minutes

Add flour and mix well to incorporate into butter in pan until it is stiffer and paste like

Add a splash of milk and stir everything well, ideally using a soft silicone spatula, if not a whisk

Add milk in bit by bit, with each addition stirring well and allowing the milk to be soaked into the paste and become thicker

Slowly with each addition it will become more like a sauce and as long as you are patient, mix well and add milk little by little then there will be no floury lumps in sauce

The sauce is ready once all milk is added!

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