

All recipes have been provided by our Dietetics Team at GOSH.

Bolognese:

Ingredients:

- 500g Turkey Mince (or beef mince)
- 1 onion chopped
- 2 celery stalks chopped
- 2 carrots chopped
- 2 cloves of garlic (or garlic oil, puree etc.)
- Olive oil (or vegetable/sunflower oil)
- Stock cube with 100ml of boiling water
- Tomato puree
- Salt, pepper and mixed herbs

Serves 4

Instructions:

1. Fry garlic, onion, carrot and celery in oil for five minutes on high heat. Lower heat and sweat (lid on top) for 20 minutes.
2. Add mince and brown off
3. Add stock cube and water, tomato puree, mixed herbs, salt and pepper. Boil on high heat for around 2 minutes.
4. Lower heat to simmer (lid on top) and cook for 1/1.5 hours. Stir occasionally.
5. Before serving, put on high heat to get rid of excess liquid. Serve with rice, pasta or bread.
6. Can be reheated.