

Wednesday

topic-



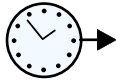
Cookery



Mexican



Bolognese



You

will



need:



500g



beef



mince

2

2 large



grated



carrots

1

1 finely



chopped



onion

3

3 garlic cloves



finely



chopped

1

1 tin



chopped



tomatoes



Oil

to



fry

your



onions

+



garlic



in.

1

1 handful of



fresh



coriander

or



parsley



finely



chopped



Spices

+



and herbs:



I



used



1 teaspoon



cumin,



1 teaspoon



paprika,



1 teaspoon



dried



thyme

+







and
















a little
















salt and pepper.










 You can make spaghetti, rice, couscous, potatoes or even the wraps we made





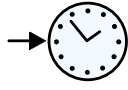








 the other week to go with this meal- you can choose! I chose spaghetti.







 Wash your hands, prepare the ingredients and put on an apron. If you have





 long hair, don't forget to tie it up.












 Add some oil to the pan. Heat up and fry up the onion and garlic




 together until soft.
















 Add the mince and cook until brown.


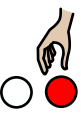







 Add the chopped tomatoes and herbs and spices










 Take the pan off the heat. Add in the chopped parsley or coriander.



 Serve with your choice from above.