



SCRUMPTIOUS PASTA SAUCE



Preparation time
45 minutes



Cooking time
90 minutes



Serves
14 toddler serves

Ingredients

1 medium red onion
(puréed using a Bamix
or food processor)
2 garlic cloves
3 tablespoons of
extra virgin olive oil
500g of veal or pork
minced meat
500g of premium beef
minced meat
2 tablespoons of tomato paste
3 tablespoons of fresh
parsley, washed and chopped
finely (or 3 teaspoons
of dried parsley)
1 teaspoon of iodised
salt flakes
2 tablespoons of brown sugar
2 x 700ml bottles
of tomato passata

To serve

Pasta of any kind, cooked
to instructions
Pecorino cheese, grated

Directions

In a blender, purée the onion and garlic until 'mushy' in consistency. In a large, heavy-based saucepan add the olive oil. Warm this gently over a low heat and then add the puréed onion and garlic. Cook for 7–8 minutes on a low heat, until translucent in colour.

Add the minced meat saucepan and allow to brown, stirring and separating the meat to allow it to cook evenly (around 20–25 minutes).

Add the tomato paste and allow to simmer for 3–4 minutes.

Add the parsley, salt and sugar and gently stir into the sauce. Allow to simmer for approximately 3–4 minutes.

Slowly add the tomato passata, stirring while you pour. Keep the sauce on a low heat and simmer for around 90 minutes, stirring occasionally.

Remove the sauce from the heat and allow to cool before serving.

For toddlers, start with around 1/2 cup of sauce and 1/2 cup of cooked pasta (with a sprinkle of Pecorino cheese) but your toddler may want seconds...

Introducing new foods hint

Over time try introducing other vegies during the cooking process (e.g. sliced mushrooms). Adding extra vegetables to a bolognese sauce is a toddler-friendly way to include these foods.

Cooking hint

This recipe also works well with half the ingredients, if you want to make smaller amounts. Leftover sauce can be frozen.