

TRAC'S SPAGHETTI BOLOGNAISE

Want to try out one of Christian Petracca's favourite dishes? With the Melbourne Football Club's recent Welcome Game, we thought it timely that 'Every Heart Beats True' celebrates with a healthy and hearty, family favourite Italian dish!

Here's what you need to do...

INGREDIENTS

1 tbs olive oil
2 brown onions,
2 garlic cloves, crushed
500g beef mince
½ cup tomato paste
2 x 400g cans diced tomatoes
1 tablespoon dried oregano
3 dried bay leaves
Salt & freshly ground black pepper
1/3 cup fresh basil, loosely packed, coarsely chopped
375g pasta
Parmesan, to serve

Note: Be sure to check for food allergies and intolerances amongst your diners before cooking and serving ingredients!

METHOD

1. Heat oil in a large saucepan over medium-high heat. Add onion and garlic and cook, stir until onion softens. Add the mince and cook, stirring with a wooden spoon to break up any lumps, until the mince changes colour.
2. Add the tomato paste, tomato, oregano and bay leaves, and bring to the boil. Reduce heat to medium and simmer, stirring occasionally, for 1 hour or until sauce thickens. Taste and season with salt and pepper.
3. Meanwhile, cook the pasta in a large saucepan of salted boiling water following packet directions until al dente. Drain.
4. Divide the pasta among bowls and spoon over bolognese sauce. Grate over the parmesan and add a few basil leaves and serve immediately.

Note: Always have an adult supervising when cooking – knives are sharp and stove tops and boiling water are HOT!

BUON APPETITO!