**Bolognese sauce**

**Equipment**
- Chopping boards
- Sharp knives
- Large saucepan
- Frypan

**Ingredients:**
- **Bolognese sauce**
  - 1 tablespoon olive oil
  - 1 small onion, finely chopped
  - 1 carrot, finely chopped or grated
  - 1 stick celery, finely chopped
  - 2 garlic cloves, crushed
  - 500g lean beef mince
  - 140g carton tomato paste
  - 1 cup thick Italian tomato pasta sauce (passata)
  - 1 cup chicken stock
  - 1/2 cup white wine
  - 1/2 teaspoon dried oregano
  - 1/4 teaspoon ground nutmeg

**Method**

1. **Make sauce** Heat oil in a heavy-based saucepan over medium heat. Add onion, carrot, celery and garlic. Cook for 3 minutes, or until tender. Add mince. Cook, stirring, for 5 minutes or until browned. Add tomato paste, pasta sauce, stock, wine, oregano, nutmeg, and salt and pepper. Mix well.

2. **Bring to the boil.** Reduce heat to medium-low. Simmer, uncovered, for 35 to 45 minutes or until thick. Season with salt and pepper.

3. **Cook pasta** in a saucepan of boiling salted water, following packet directions, until just tender. Drain. Arrange on 4 serving plates. Spoon over sauce. Top with parmesan and freshly ground black pepper.