

Keep Calm and Cook Recipes

Warburtons



SERVES 4

Spaghetti Bolognese

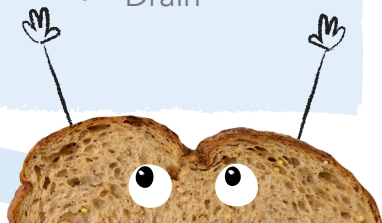
Ingredients:

- 1 onion
- 1 clove garlic
- 1 carrot
- 1 celery stick
- 15ml oil
- 250g minced beef
- 400g canned chopped tomatoes
- 15ml tomato puree
- 100ml water
- 1 x 5ml spoon mixed herbs
- Black pepper
- 150g spaghetti











Food Skills

- Weigh
- Measure
- Peel
- Chop and slice
- Fry
- Stir
- Boil and simmer
- Drain



Method

1. Peel and chop the onion. Peel and crush the garlic. Peel and slice the carrot. Finely slice the celery. 
2. Fry the onion, garlic, carrot and celery in oil. 
3. Add the meat and cook until the mince is lightly browned. 
4. Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper. 
5. Bring to the boil, then simmer. 
6. While your sauce is simmering, place the spaghetti in a separate saucepan of boiling water. 
(or until the pasta is tender)
7. Drain the spaghetti using a colander. 
8. Place the spaghetti on a plate, and pour some of the Bolognese over the top. 

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SERVES 2

Minestrone Soup

Ingredients:









- 1 clove of garlic
- ¼ cabbage
- 1 onion
- 1 rasher of bacon
- 1 carrot
- 1 stick of celery
- 1 potato
- 1 stock cube and 800ml boiling water
- 1 x 5ml spoon mixed herbs
- Black pepper
- 25g small pasta shapes or broken spaghetti

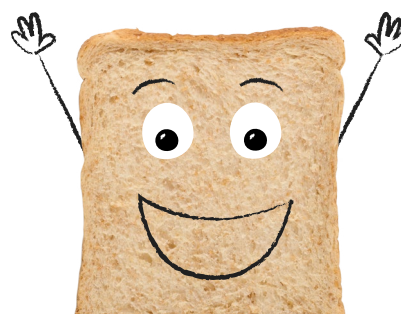
Food Skills

- Weigh
- Measure
- Peel
- Chop
- Fry
- Boil and simmer



Method

1. Peel and crush the garlic. Shred the cabbage. Chop the onion. Chop the bacon. 
2. Fry the onion, garlic and bacon in the oil. 
3. Stir in the potato, celery and carrot. 
4. Add the boiling water to the pan and the stock cube. 
5. Stir in the finely shredded cabbage and sliced tomato. 
6. Add the mixed herbs and black pepper, bring to the boil and simmer. 
7. Add the pasta and simmer. 
8. Serve in a bowl. 



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SERVES 2

Thai Green Curry

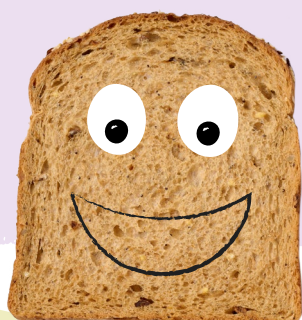
Ingredients:

- 10ml spoon oil
- 3 spring onions
- 1 clove of garlic
- 80g sugar snap peas
- 1 small chicken breast
- 30ml Thai green curry paste
- 200ml coconut milk (reduced fat)
- 1/2 lime
- Small bunch of coriander









Food Skills

- Weigh
- Measure
- Slice
- Crush
- Fry



Method

1. Slice the spring onions. Cut the sugar snap peas in half. Crush the garlic. 
2. On a separate clean chopping board, and using a separate clean knife, cut the chicken into small chunks. Thoroughly wash and dry your hands after touching the raw meat. 
3. Fry the spring onions, garlic and chicken in the oil. 
4. When the chicken has turned 'white', stir in the green curry paste, followed by the sugar snap peas. 
5. Pour in the coconut milk and simmer. 
6. Squeeze the lime and pour over the curry. 
7. Tear the coriander and add to the curry. 
8. Serve in a bowl. 