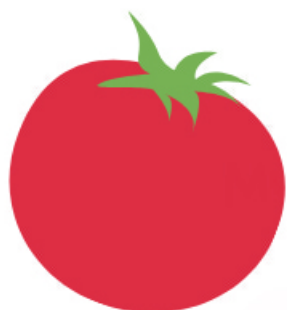


Mummy's Special Pasta



Tomato



Onion



Turkey



Mushroom



Pasta



Carrot



Broccoli



Water



Cheese



Favourite Spaghetti Bolognese

NUTRITIOUS AND FUN FOR ALL THE FAMILY
SERVES A FAMILY OF FOUR

What Do You Need?

500g turkey mince/soya mince	-	125g mushrooms, sliced
400g (aka a tin) chopped tomatoes	-	325g spaghetti or tagliatelle. OR 30g baby pasta
1 large onion	-	30g cheddar cheese
1 clove of garlic (optional)	-	1tsp paprika (optional)
12 cherry tomatoes	-	1 tbsp olive oil
2 carrots, grated	-	Pepper to taste
175g broccoli florets		

Let's Get Started!

1. Finely chop the onion and crush the garlic, pop into the pan with the oil and fry off lightly.
 2. Now to add the turkey/soya mince! Cook until the meat has browned. If its starting to stick to the pan, add a little splash of water to the pan.
 3. Whilst your meat is cooking, chop your mushrooms into little cubes, grate your carrots and quarter the cherry tomatoes.
 4. Add the chopped tomatoes to the pan, mix well then turn down the heat!
 5. Time to steam your broccoli florets! 12-15 minutes to do. Once they're done, drain them and pop them in the meaty mix.
 6. Time to add in those other veggies. Pop them in the pan and stir well.
 7. Now time to boil the kettle and get the pasta ready. Cooking time is usually around 10 minutes, but check as it varies from brand to brand. If you're using baby pasta, pop it in a separate pan and cook accordingly.
 8. Whilst the pasta is cooking and the sauce is simmering, add in the paprika if you're using it.
 9. Time to drain the pasta and pop it in your plates and bowls ready to serve. If you aren't opting for baby pasta and using spaghetti, simply cut the spaghetti up into smaller pieces.
 10. Take the sauce off the heat and add it on top of the pasta, portioning it appropriately for each hungry tum! Grate on the cheese and crack some black pepper onto the adult plates and add a little sprinkle of cheese too for the little one.
- Remember to mix the tot's din dins well and leave to cool slightly, so it's not too hot for those little tums. And most importantly, enjoy! A healthy, nutritious meal for all the family.

