

Miniscoff recipe guide

Curly Chicken Bolognese

Serves a hungry family of 6

Try to source the best ingredients you can - it makes all the difference!
If you can't find organic, then try for local or British.

400g	minced British chicken (try for a mix of breast and thigh meat)
50g	smoked bacon, chopped
800g	chopped Italian tomatoes (tinned)
600g	passata
2 medium	onions, finely chopped
2 medium	carrots, finely chopped
half a stick	celery, finely chopped
50g	white mushrooms, finely chopped
1 tbsp	olive oil
1 tsp	Marigold organic vegetable bouillon (add to 60mls water)
2 tsp	oregano
Pinch	pepper and cinnamon
2 tsp	Kitchen Garden organic minced basil OR
1 dsp	fresh organic basil
450g	Curly pasta

Fry the chicken mince and bacon in the olive oil. Add the onion, garlic, carrots, celery and mushrooms. Gently heat until vegetables start to soften. Add the tinned tomatoes and passata. Add the oregano and the vegetable bouillon (mixed with 60mls of water) and simmer the whole mixture for 45 minutes.

Gently whiz the mixture with a hand blender as required. Add pepper to taste and a pinch of cinnamon. Just before serving, add 2 teaspoons of Kitchen Garden minced basil or 1 dessertspoon of finely chopped fresh basil.

Serve with Cavatappi (or curly) pasta and some seasonal veg. Bolly marvellous!

no rockets, no scientists!



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