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## The Super Yummy Kitchen

### Family Food Series

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# GROWN UP GUIDE #5

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## THE PLACE WHERE FUN, FOOD AND EDUCATION MEET

A helping hand for parents, carers  
and teachers to use with children,  
alongside the cook-a-long videos,  
recipes and activities of the week in  
The Super Yummy Kitchen



# Grown Up Guide to #5 of Family Food

## Spaghetti Bolognese with Dough Balls

### Curriculum Links:

#### Languages

Describe people, places, things and actions orally\* and in writing

## Introduction

Spaghetti Bolognese with garlic bread is an all time favourite with children. We have put a **nutritious spin** on this classic by incorporating **more veggies** and replacing the garlic bread with **wholemeal** dough balls! If your children are **fussy eaters** that aren't keen on veg, **grating** the veg into the sauce is a great way to make them less chunky and obvious! You could even blend them all into the tomato sauce before adding to the browned beef. This recipe is **easily adapted for vegetarians**. Replace the beef with cooked green or puy lentils, or Quorn mince. For those looking to add more fibre to their diet, try replacing half the beef with red lentils; when cooked they will disappear into the sauce making it lovely and thick – and it still looks like Bolognese!



## Recipe Tips

This recipe is **veg-tastic**! We used celery, courgette, carrots and onions in our sauce. But you could add any of your favourites: mushrooms, leeks, spinach or peppers would work well too!

The Bolognese sauce freezes really well. Pop your **leftovers** in tupperware and keep in the freezer for a delicious emergency meal when you don't have time to cook!



## The Activity

**Pasta** is so popular in the UK that sometimes children forget that it is actually from Italy! This activity has been designed to get children thinking about how **words are translated** from one language to another, and how there are similarities and differences.

The **answers** are: Farfelle-Butterflies. Linguine-Little Tongues. Ravioli-Little Turnips. Vermicelli-Little Worms. Penne-Pens.

Ask your children to translate their favourite pasta name into English (or your first language).

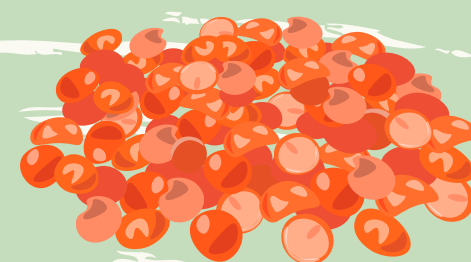


## Nutrition Nugget

Beef is very high in **iron** – an important nutrient needed to support the production of red blood cells which transport oxygen around the body. Try choosing a beef mince with a lower fat content (5% is good) to reduce the amount of saturated fat in the final dish.

Use wholewheat spaghetti as it contains more **fibre** which is important for the digestive system. It can also keep you feeling fuller for longer compared to white pasta.

## Lentils & beans contain iron too!



The **vitamin C** in the tomatoes help the body **absorb the iron** from the lentils better!

### Spaghetti Bolognese with Dough Balls

**Serves 4**  
(makes 16 dough balls)

**Ingredients**

**For the Bolognese**

- A splash of rapeseed oil
- 400g beef mince (5% fat if you can)
- 1 celery stick, diced
- 1 carrot, peeled & grated
- 1 courgette, grated
- 1 tbsp tomato purée
- 1 beef stock pot (reduced salt if possible)
- 500ml hot water
- 300g wholewheat spaghetti
- 1 portion of tomato sauce (See The Super Yummy Kitchen for recipe)

**Optional**

- Handful of grated Parmesan/cheddar

**For the Dough Balls**

- 35g butter
- 100g strong white bread flour
- 100g strong wholemeal bread flour
- 2 tsp caster sugar
- 5g dried yeast
- A splash of oil

**Method**

Preheat the oven to 180°C

There will be some sauce left over – pop in fridge or freezer for next time!

**For the Dough Balls**

- Heat 120ml of water until steaming. Add the butter, to melt it. Set aside to cool.
- Put both flours in a big bowl with the yeast and sugar. Pour in the melted butter water and give it a good mix.
- Knead for 10 min on a lightly floured surface (or 5 min in an upright mixer).
- Clean the bowl out, rubbing a little oil on the inside and on a piece of cling film, too.
- Put the dough back in the bowl, cover with the cling film (oiled side to dough) and leave in a warm place for 1.5-2 hours until it has doubled in size.
- Now move on to steps 1-4 for the Bolognese.
- Once the dough has doubled in size, lightly grease a baking tray and tip the dough onto a lightly floured surface.
- Give it a quick 2 minute knead before rolling into walnut sized balls- try to avoid any cracks on the surface!
- Cover with the same bit of oily clingfilm and return it to the warm place for another 30 minutes.
- Pop in the oven for 25-30 minutes until a little brown on top.
- Brush with a little butter to make them shiny, and they're ready!

**For the Spaghetti Bolognese**

- Heat the oil in a wide, ovenproof pan until hot.
- Fry the meat until it begins to go brown, then add the celery, carrot and courgette- stirring from time to time until the veg starts softening.
- Add the tomato sauce, tomato purée, stock pot and 500ml hot water carefully to the pan and simmer for 10 minutes, stirring occasionally.
- Pop a lid on top and cook in the oven for 1 hour.
- Now take a break and wait for your dough to prove (double in size).
- After an hour in the oven, take the Bolognese out to rest and develop in flavour.
- Bring a pan of water to the boil with a splash of oil and cover with a lid.
- Cook the spaghetti according to packet instructions in the pan of hot water.
- Drain the spaghetti once fully cooked, plate up with your Bolognese on top and serve with the dough balls.

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### Pasta Shapes

Today's curriculum links:  
Languages

? Italians eat bolognese with tagliatelle because the sauce and the meat stick better too a flatter pasta shape, rather than thin spaghetti.

When translated from Italian to English some pasta shapes have some rather odd names. Can you match these names?

**KS1 & KS2**

**Spaghetti**

**Farfelle**

**Linguine**

**Ravioli**

**Vermicelli**

**Penne**

**Little Worms**

**Little Strings**

**Pens**

**Little Tongues**

**Little Turnips**

**Butterflies**

The Italian word for pasta means paste

flour + water = paste

Italian pasta is based on the Chinese noodle!