

## Pasta Bolognese

Here's a great recipe for all the family! A yummy pasta bolognese and here's a list of ingredients that you'll need. Cook along with Frances to make a scrummy pasta bolognes. The great thing with this recipe is that you can make a meat or veggie version, and it's also a great base for a chilli.

- 1 x Red Onion
- Celery
- Garlic
- 2 x Peppers
- 2 x Carrots
- 1 x Tin of Tomatoes
- 1 tablespoon Tomato Puree
- 500g pack of Beef Mince
- Sprinkle of Mixed Herbs
- White or Brown Pasta



### Portion sizes\*

\*from Infant and Toddler Forum and Caroline Walker Trust

Naturally slow acting carbs are low GI and will help prevent spikes in blood glucose. Large carb portions will always cause a rise in blood glucose, choosing low GI and an age suitable portion size will help to reduce this.

- 3 yr old – 60g cooked pasta + 90g sauce
- 8 yr old – 120g cooked pasta + 180g sauce
- 11 yr old 150g cooked pasta + 200g sauce
- 14 yr+ 200g cooked pasta + 220g sauce



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