

Daisy Bolognese

Guest blogger, Toni Gallagher

RECIPE CARD:

Ingredients:

1lb ground beef

1tbs olive oil

1/2 onion finely chopped

1 clove garlic finely chopped

1 tbsp fresh basil finely chopped

1 can spaghetti sauce (or make own)

broccoli (cooked separately)

1 carrot finely chopped (leave a little aside to garnish)

1 packet spaghetti

Parmesan cheese to garnish

To cook: Heat olive oil, garlic and onion and finely chopped carrots in a pan for 5 minutes on medium heat. Add beef and stir until brown. Add the spaghetti sauce and basil and heat on low for 20 minutes.

To plate: This is really simple. Start by placing a circle of Bolognese in the middle of the plate. Then dress in some spaghetti for the hair; you could be even more creative with different hairstyles. Chop the remaining carrot for the eyes. Add a parmesan smile and broccoli for hair bands.