

## Spaghetti Bolognese

- 1 tablespoon oil
- 1 onion
- 1 clove garlic
- 450g /1 lb minced beef or Quorn mince
- 1 tin chopped tomatoes
- Good pinch mixed herbs OR fresh Basil
- 1 bay leaf (optional)
- 1-2 tablespoons tomato puree
- Salt and pepper or a beef/vegetable stock cube
- Good shake Worcestershire sauce

**Optional** ingredients you could add to Bolognese:

- 1 carrot, finely diced
  - 1 stick celery, finely chopped
  - 1 red or green pepper
  - 75g / 3oz mushrooms
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- 250g spaghetti or other pasta shapes



### **Method**

1. Chop onion and garlic finely.
2. In a medium saucepan, sauté onion and garlic in a little oil until soft, stirring occasionally. (Add other chopped vegetables at this stage, and sauté with the onion and garlic until soft)
3. Add mince beef and stir until browned.
4. Add tomatoes, herbs, tomato puree, stock cube, Worcestershire sauce and seasoning, and simmer for at least 30 mins with lid on the pan.
5. Meanwhile, boil a kettle of water. Pour into a large saucepan and put on the highest heat to return to a fast boil.
6. Add the spaghetti or pasta, stir occasionally, and boil, without a lid for approx. 10-12 mins, or until tender.
7. Drain through a colander.
8. Serve spaghetti or other pasta, with the Bolognese on top.
9. Sprinkle with Parmesan cheese if desired.

Bolognese can also be used to make a lasagne.



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