



# Spaghetti Bolognese

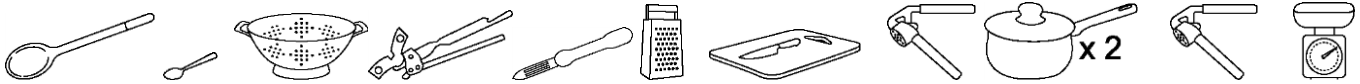


Serves 4 with pasta

## Ingredients

- 400g beef mince or 300g Quorn mince
- 1 tablespoon sunflower oil
- 1 onion
- 1 medium carrot
- 1 celery stick
- 1 garlic clove
- 400g tin/ carton chopped tomatoes
- 2 heaped tablespoons tomato puree
- 1 teaspoon mixed herbs
- Black pepper to taste

## Equipment



## Method

1. Prepare the vegetables:
  - Peel and finely chop the onion
  - Peel and finely grate the carrot
  - Wash and finely chop the celery stick
  - Peel and crush the garlic
2. Heat the oil in a large saucepan and add the onion, carrot and celery. Cook on a medium heat for 5 -10 minutes until soft.
3. Add the mince beef/ Quorn and garlic to the pan and cook for a further 5 minutes until the meat has browned, breaking up the mince with a spoon.
4. Stir in the chopped tomatoes, tomato puree, mixed herbs and black pepper.
5. Bring to a boil, then turn down the heat, put a lid on and cook for 25- 30 minutes.

### Top Tips:

- **Serve** - with cooked pasta and grated cheese
- **Leftovers** - cool any bolognese and place in the fridge for 2 days or freeze for 2 months. To reheat place in a saucepan, bring to a simmer and cook for 10 minutes until piping hot throughout.