

Recipe – Spaghetti Bolognese

Equipment

A large frying pan (preferably non-stick), chopping board, sharp knife, teaspoon & tablespoons

Ingredients

2tsp vegetable oil
1 medium onion
500g minced beef
1 chopped garlic clove
300ml beef stock
1 bay leaf (optional)
1 can chopped tomatoes
1tsp mixed herbs
salt & pepper
350g spaghetti
75g / 100g grated cheese / parmesan
fresh basil (optional)

Method

1. Chop onion finely. Fry slowly in oil until translucent.
2. Add beef. Fry further for 3 – 4 mins breaking it up and stirring it all the time.
3. Add chopped garlic to saucepan with beef stock, bay leaf (if using), chopped tomatoes, mixed herbs, salt & pepper to taste.
4. Bring slowly to the boil, stirring. Cover pan and lower heat.
5. Simmer gently for 30 minutes and uncover cook for another 20 – 30 mins (or until sauce is thick and creamy and about 50% of the liquid has been evaporated).
6. Meanwhile cook spaghetti in boiling salted water until tender (about 20 minutes) – you can add 1 tsp oil to prevent the pasta from sticking.
7. Drain well and transfer to warmed serving plates.
8. Pour sauce over the spaghetti, sprinkle over cheese and basil (if using).

Very versatile recipe –

- use as a base for cottage pie by adding mashed potato and baking for 20 minutes **or**
- swap the herbs for chilli powder & kidney beans and serve with rice for a chilli **or**
- swap the herb for fajita spices, peppers and kidney beans and serve with a tortilla wrap.

Why not try replacing the mince with Quorn mince for a veggie option.