

Spaghetti Bolognese

(Serves 4)

Ingredients

- 1 tbsp Oil, Olive, napolini
- 150g Onions, finely chopped
- 1 Garlic clove, crushed
- 100g Celery, finely chopped
- 100g Carrots, finely diced
- 100g Mushrooms, finely sliced (optional)
- 450g Minced beef (5% fat)
- 1 tbsp Tomato puree
- 1/2 Stock pot, (knorr, rich beef)
- 150mls Water
- 150mls Wine, red (optional)
- 2 x 400g tins Tomatoes, chopped
- ¼ tsp Black pepper
- Handful Basil, fresh, chopped
- 1/2 tsp Salt, reduced sodium
- 300g Pasta, spaghetti, dried
- 20g Parmesan, grated (optional)

Preparation

1. Heat oil in a large saucepan & add onions, garlic, celery, carrots & mushrooms if using.
2. Cook for about 3-4 minutes or until onion has softened, stirring regularly.
3. Add minced beef & tomato puree & cook until meat browned.
4. Prepare stock. Add stock to saucepan, along with wine (if used), tomatoes, black pepper & basil.
5. If you don't use the red wine, add 150mls of extra water to the stock.
6. Bring to boil. Lower heat & simmer very gently for approx 1 hour (until sauce well reduced), stirring occasionally.
7. Boil a pan of water with the 1/2 tsp salt. Cook spaghetti as per packet instructions. Drain.
8. Serve with bolognese sauce sprinkled with the grated parmesan if used.

TOP TIP: If you find the spaghetti a bit bland on it's own, mix it with the bolognese, then serve & top with parmesan.

NUTRITIONAL VALUES

PER SERVING

Calories 568

Total Sugars 14.17g

Total Fats 12.7g

Saturated Fats 4g

Salt 1.56g

Fruit & Veg 3