

## 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.