

MAKE THEIR MEALS COUNT



Spaghetti bolognese

Ingredients serves 4-6

- 1 tablespoon olive oil
- 500g lean beef mince
- 1 brown onion, finely chopped
- 1 carrot, grated
- 2 cups mushrooms, diced
- 4-6 garlic cloves, finely chopped or crushed
- 700g passata sauce
- 2 tablespoons balsamic vinegar
- 200g dry spaghetti
- Grated parmesan or reduced fat tasty cheese
- 2 teaspoons dried herbs (optional)

Method

1. Heat oil in a fry pan over medium to high heat.
2. Add mince and cook until it is golden.
3. Add onion, carrot and mushrooms and cook for about 2-3 minutes, stirring until softened.
4. Add the garlic and spices, cook for a further minute and then add the passata followed by the balsamic vinegar.
5. Allow sauce to simmer for 10-15 minutes or until thicker and slightly darker.
6. While the mince is cooking, fill a saucepan with water and bring to the boil. Add the pasta and cook until just soft.
7. Drain pasta, combine with the bolognese sauce and top with cheese.