



# Spaghetti Bolognese

A popular recipe that's easy to make and tastes delicious.

## Ingredients

- 500g minced beef
- 2 medium onions, finely chopped
- 2 x 400g of tinned tomatoes
- 2 carrots trimmed and finely chopped
- 1 tbsp olive oil
- 2 garlic cloves, finely chopped
- 2 tbsp tomato puree
- 1 beef stock cube
- 75g parmesan cheese
- 400g spaghetti
- 1 tsp mixed herbs
- Basil leaves, finely chopped (optional)

## Method

- Put a large heavy-based saucepan on a medium heat and add 1 tbsp olive oil.
- Reduce the heat and add the onion, carrot, garlic and fry for 10 mins until the veg has softened.
- Increase the heat to medium-high, add the mince and cook for 3-4 mins until the meat is browned.
- Add the tinned tomatoes, mixed herbs, tomato purée and stock cube,
- Reduce to a gentle simmer and cover with a lid. Cook for 45 minutes to 1 hour.
- When the Bolognese is nearly finished, cook the spaghetti following pack instructions.
- Drain the spaghetti and stir into the bolognese.
- Serve with the grated Parmesan the extra basil leaves.

## Nutritional Benefits

Beef is an excellent source of protein, iron and vitamin B. Garlic boosts the immune system and the herbs aid digestion.