

Spaghetti Bolognese

Ingredients

- 500g lean mince
- 2 tbsp Oil
- 1 onion, finely chopped
- 3 garlic cloves, crushed
- 1 carrot, grated
- 1 courgette, grated
- 5 mushrooms
- 1 tin chopped tomatoes
- 1 tbsp tomato puree
- 2 tsp paprika
- 2 tsp oregano or mixed herbs
- fresh basil
- 1 beef stock cube
- 300g Spaghetti (or other pasta type)

Grating vegetables into recipes is a great way to add more into your meals

Method

1. Peel and chop the onions and crush the garlic.
2. Wash and grate the carrot and courgette, then chop the mushrooms
3. Heat the oil in a pan and add the mince. Cook until browned.
4. Add the onion. Cook for 3 minutes
5. Add the garlic, courgette, carrot and mushrooms and fry for 5 minutes
6. Add the chopped tomatoes, tomato puree, stock and herbs and spices along with 1/2 tin water.
7. Simmer for 10 minutes.
8. Cook the pasta per the packet instructions & drain once cooked
9. Serve - you could add grated cheese on top



Suitable to freeze