

# Spaghetti Bolognese

- Ingredients:**
- 2 tbsp olive oil
  - 400g beef mince
  - 1 onion, diced
  - 2 garlic cloves, chopped
  - 1 carrot, diced
  - 2 x 400g tins of chopped tomatoes
  - 400ml stock (ideally beef stock)
  - 400g dried spaghetti
  - Salt and pepper



# Spaghetti Bolognese

## Method

1. Heat a large saucepan over a medium heat. Add a tablespoon of olive oil and once hot add the beef mince and a pinch of salt and pepper. Cook the mince until well browned all over. Once browned, transfer the mince to a bowl and set aside.

2. Add another tablespoon of oil to the saucepan and keep the heat to medium. Add the onions and fry gently for 5-6 minutes, or until softened and translucent. Add the garlic and cook for another 2 minutes. Add the carrot. Then re-add the cooked mince back into the saucepan.



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## Method

3. Add the canned tomatoes to the pan and stir well to mix. Pour in the stock, bring to a simmer and then reduce the temperature to simmer gently for 45 minutes, or until the sauce is thick and rich. Taste and adjust the seasoning as necessary.

4. When ready to cook the spaghetti, boil a large saucepan of water and add a pinch of salt. Cook according to the packet instructions. Once the spaghetti is cooked through, drain and add to the pan with the Bolognese sauce. Mix well and serve.



*\*This recipe serves 4 people*