

Spaghetti Bolognese

Ingredients: Serves 4

- 1 onion, peeled and chopped
- 1tbsp olive oil
- 1 garlic clove, peeled and crushed
- 500g lean minced beef
- 90g mushrooms, sliced
- 400g chopped tomatoes
- 300ml hot beef stock
- 1tbsp tomato purée
- Pinch of salt and pepper
- 350g spaghetti
- Parmesan cheese for topping.

Method

1. Put the onion and oil in a large pan and fry for 3-4 mins. Add the garlic and mince and fry until they both brown. Add the mushrooms, salt and pepper, and cook for 3 more minutes.
2. Stir in the tomatoes, stock, tomato purée. Bring to the boil, then reduce the heat, cover and simmer, stirring occasionally, for 30 mins.
3. Meanwhile, cook the spaghetti, according to packet instructions.
4. Serve in bowls and sprinkle on parmesan cheese.

