

# Spaghetti Bolognese

The Italian classic that can be served up any time. Serve with a crunchy mixed salad.



Serves: 2

Time: 50 minutes

## Ingredients

- 100 grams lean beef mince
- 1 onion, finely chopped
- 1 clove garlic, finely chopped
- 1 tin of chopped tomatoes
- 1 tablespoon tomato puree
- 1 tablespoon dried mixed herbs
- 1/2 red pepper, chopped
- 100 grams mushrooms, sliced
- 1/2 carrot, chopped
- 1/2 courgette, chopped
- 150 grams spaghetti
- pepper to taste

## Method

1. Brown the mince over a gentle heat, stirring to stop it from sticking.
2. Add the onion to the mince and cook for 2 to 3 minutes.
3. Add the remaining ingredients (if you don't like one of the vegetables, swap it for another), bring the sauce to the boil, then lower the heat and simmer gently for 15 to 20 minutes.
4. Cook the pasta in boiling, salted water, according to packet instructions.
5. Serve the Bolognese with the spaghetti, seasoning with pepper to taste.

**Handy tip:** To save leftover boiled pasta, mix drained pasta with a little oil, cover with cling film and store in the fridge for a maximum of 1 day.

## Nutritional Information

Each serving provides	Amount in grams
Energy	1959 kilojoules/463 kilocalories
Fat	4.0
Saturates	1.3
Sugar	20.2
Salt	0.2

Typical values per 100g: Energy 354kJ/84kilocalories.

The nutritional information stated above is based on each serving of Spaghetti Bolognese and excludes suggested accompaniments.

Read more on our [Healthy recipes page](#).