



WIGGLY SPAGHETTI BOLOGNESE

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METHOD

1. Heat the olive oil in a pan and fry the onion, garlic, carrot and celery until soft.
2. Next add the minced beef and fry until browned.
3. Now add the chopped tomatoes, tomato puree, mixed herbs and water and stir well.
4. Bring to the boil then reduce the heat to a simmer and cook for 20 minutes. Season with black pepper and add the herbs you wish to use. If the sauce begins to stick to the pan add a little more water, but make sure you reduce this extra liquid before serving.
5. To cook the spaghetti: put a large saucepan of water on to boil. When boiling add the spaghetti and cook according to the packet's instructions (approximately 10 minutes) until 'al dente'.
6. Drain the spaghetti and serve with the Bolognese sauce and grated parmesan.

INGREDIENTS (serves 4)

1 tbsp Olive oil
1 Onion, peeled and finely diced
1 Garlic clove, peeled and finely diced
1 Carrot, peeled and finely diced
1 Celery stick, washed and finely diced
250g Lean minced beef
1 tin Chopped tomatoes
1 tbsp Tomato puree
1 tsp Mixed herbs, dry or fresh such as oregano or basil
100ml Water
Black pepper
400g Spaghetti

NUTRITION INFORMATION

per 100g

Energy	356kJ/84kcal
Fat	1.9g
of which saturates	0.5g
Carbohydrate	10g
of which sugars	2.5g
Protein	5.7g
Salt	0.06g