



FOOD WORKS

Spaghetti Bolognese

(Makes 4 portions)

Ingredients

- 500g beef/lamb/Quorn mince
- 1 big onion
- 1 clove of garlic
- 1 tin of tomatoes
- 1 tbsp tomato puree
- 1 tsp mixed herbs
- 1 tsp paprika
- Salt
- Oil
- Cheese (optional)
- 300-400g of spaghetti pasta



Alternatives

Use up those extra ingredients in your cupboard/fridge and save yourself a trip to the shop.

Instead of beef/lamb mince:

- 1-2 tins of drained lentils or 100g dried red lentils, 200g chopped mushrooms

Instead of fresh onion:

- 2-3 shallots, a large leek, or 1 tbsp onion powder (Add with dried herbs)

Instead of tinned tomatoes:

- 500g passata, 360g of chopped fresh tomatoes, or 1 jar of pasta sauce

Got leftovers? Toss them in!

- Diced peppers, grated carrot, diced celery, sliced mushrooms or finely chopped courgettes can be fried with onions.
- Stir in spinach, kale, or rocket into the sauce just before serving.

Method

Prep

- Dice the onion
- Mince the garlic
- Prepare any extra vegetables you're using.

Brown the mince

- In a large pan or pot, cook the mince over medium-high heat until browned.
- If using meat, you may want to drain excess fat.
- Set aside.

Saute the veggies

- In the same pan, heat the oil.
- Cook the onion (and any harder veggies like peppers/carrots) for 5-7 minutes until soft.

Combine

- Add the garlic and cook for 1 minute. Return the mince to the pan.

Simmer the sauce

- Add the tinned tomatoes, tomato purée, herbs, and paprika.
- Stir well, season with salt, and bring to a simmer.
- Cook for 20-30 minutes, stirring occasionally.

Cook the pasta

- While the sauce simmers, cook the spaghetti in plenty of salted boiling water according to package instructions.
- Drain.

Finish and serve

- Taste the sauce and adjust seasoning.
- Stir in soft greens like spinach just before serving.
- Serve the sauce over pasta with a sprinkle of cheese if desired.