

Spaghetti Bolognese



- **Ingredients:**

- 2 tbsp. oil
- 250g lean minced beef
- ½ stock cube (crumbled into 100ml hot water)
- 1 small onion , finely chopped
- 1 carrot, peeled and finely chopped
- 1 celery stick, finely chopped
- 1-2 garlic cloves, finely chopped
- 250g can chopped tomatoes
- 2 tbsp. tomato puree
- good pinch of dried oregano, or to taste
- 100g spaghetti

- Heat a wok or large, deep frying pan with the olive oil. Crumble the beef into the pan and stir-fry over a high heat for 2 minutes to break up the meat and brown it.
- Add the onion, carrot, celery and garlic. Stir over a medium heat for 1 minute, then add the stock cube water, tomato puree and the chopped tomatoes. Stir well, then add the oregano and seasoning.
- Cook over a medium heat so that the sauce boils gently, stirring occasionally, for 15 minutes or until thick.
- While the sauce is cooking, cook the spaghetti in a pan of salted boiling water for 10 minutes, or according to the pack instructions, until tender with a bite at the centre. Drain and set aside.
- Taste the sauce and adjust the seasoning, then pour over the hot pasta in your container/bowl. Toss gently and serve immediately.