

Serves **4** Spaghetti Bolognese

Ingredients

2 tsp Rapeseed or olive oil	300g extra-lean minced beef
1 large onion, finely chopped	1 carrot, finely chopped
1 courgette, chopped	1 red pepper, deseeded and chopped
2 garlic gloves, crushed/ finely chopped	2 tbsp tomato purée
2 tsp dried mixed herbs	400g tinned chopped tomatoes
150ml reduced-salt vegetable or chicken stock	1 pinch ground black pepper
300g dried spaghetti (wholemeal if possible)	

Method

- 1 Heat the oil in a large saucepan and gently cook the onions, carrots, courgette, pepper, and garlic for 5-8 minutes, until softened.

TIP: *If you don't like or haven't got one of the vegetables then swap it for another. Mushrooms also work really well, just slice 3 handfuls and add!*

- 2 Add the beef and cook for another 5-10 minutes until the beef is browned, breaking up any clumps of beef with a wooden spoon.
- 3 Add the tomato puree and herbs and mix to combine, season with pepper.
- 4 Add the tin chopped tomatoes and the stock and bring to a gentle simmer.
Cook gently for 15-30 minutes, stirring occasionally, and adding a little water if it becomes too dry and starts to stick.
- 5 When ready, cook the spaghetti according the packet instructions.
- 6 You could add fresh herbs like basil to the sauce if you wish. Serve and enjoy!
Add a side salad to make this dish balanced and increase your 5 a day!

TIP: *You can make the Bolognese sauce in advance or make double the quantity and freeze in batches. Just remember to thaw it fully and make sure it's steaming hot before serving.*