

SPAGHETTI BOLOGNESE

Serves 4



Ingredients

- 2 mugs of dried pasta
- Small pack of (quorn) mince (about 250gm)
- Beef stock cube
- 1 pepper
- 6 mushrooms (approximately)
- 1 medium carrot
- 1 tsp mixed herbs
- 1 tin tomatoes
- 1 onion
- 2 cloves garlic
- 2 teaspoon tomato puree

Method

1. Chop the onion, pepper and mushrooms
2. Chop or crush garlic and grate the carrot
3. Fry the mince until browned and add onion, pepper, mushrooms, carrot and garlic
4. Add the tinned tomatoes and the rest of the ingredients
5. Bring this to the boil and allow to simmer over a low heat for about 30-40 minutes
6. Cook the spaghetti according to the instructions on the packet. Drain
7. Serve the meaty sauce over the cooked and drained spaghetti

