

Spaghetti Bolognese

Ingredients:

400g mince
1 onion
1 carrot
3 mushrooms
1 jar bolognese sauce

Method:

1. Peel and slice onion, carrot and mushrooms.
2. Cook vegetables gently in oil in the saucepan for 2-3 minutes.
3. Add meat and stir until the meat changes colour.
4. Add jar of sauce and bring to the boil.
5. Turn down to a simmer (gently bubble) for 20 minutes stir occasionally to stop it burning.
6. Spaghetti – optional. Put into boiling water and cook for 10 – 15 minutes until soft. Drain in a colander and rinse.

