

SPAGHETTI BOLOGNESE

This recipe is perfect to be cooked in advance and frozen in portions. You can also add extra vegetables such as courgettes, mushrooms, peppers etc. which have been liquidised. This is a great way to add extra vegetables to your children's diet without their knowledge!

Serves 6

Per serving: 390 calories, 2% (8.9g) fat

Prep time: 10 mins

Cook Time: 30 mins

INGREDIENTS

400g lean minced beef
1 large onion, finely diced
1 tsp *Easy-garlic* or two garlic cloves, crushed
1 large carrot, coarsely grated
2 x 400g can chopped tomatoes
1 x 340g jar tomato and basil pasta sauce
2 tbsp tomato puree
1 tsp Tabasco Sauce
1 tbsp Worcestershire Sauce
52g (dry weight) spaghetti per person
1 vegetable stock cube
Freshly ground black pepper
Chopped fresh basil, to garnish

METHOD

1. Preheat a large non-stick pan. Add the minced beef and dry fry until starts to change colour.
2. Remove the mince from the pan and wipe out the pan with kitchen roll. Return the meat to the pan, add the garlic and onion and continue cooking for a further 2 - 3 minutes stirring well. Add the grated carrot and crumble to beef stock-cubes over the top. Add the tomatoes, puree and mixed herbs, then mix well to allow the stock cube to dissolve. Reduce the heat to a gentle simmer, add the Tabasco and Worcestershire sauces and season generously with the black pepper. Cover with a lid and continue to cook for 30 minutes until the sauce thickens.
3. Meanwhile, bring a large pan of water to the boil with the vegetable stock cube. Add the spaghetti and cook for 12 - 15 minutes until the spaghetti is cooked but slightly firm in the centre. Drain through a colander.
4. Arrange the spaghetti on a warmed plate and pour the sauce on top. Garnish with fresh herbs.

