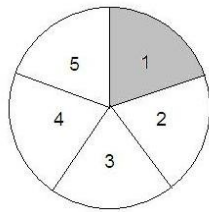


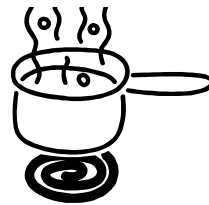
# Spaghetti Bolognaise

Serves 4

Portions of fruit & vegetables per serving: 1



Hob needed

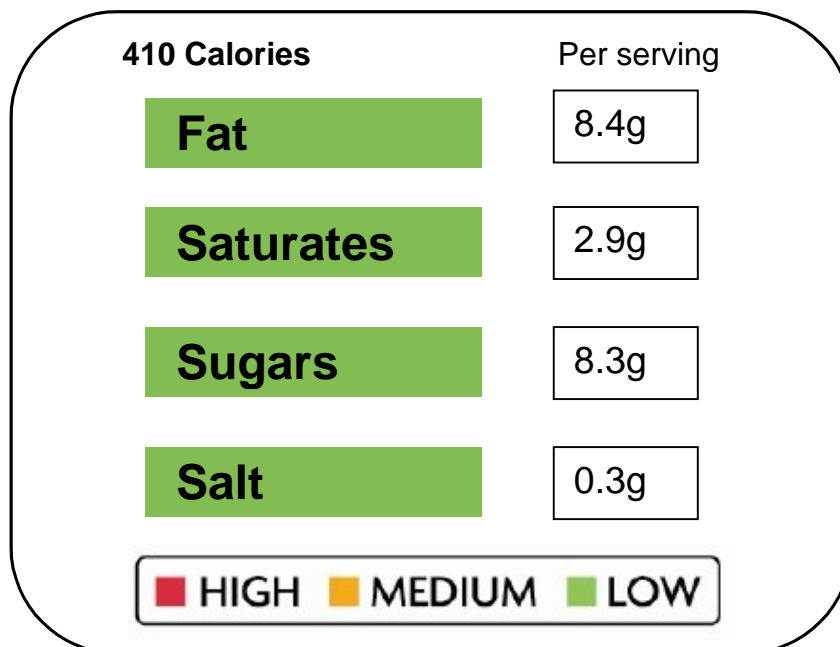


Ingredients	Amount	Preparation
vegetable oil	1 teaspoon	
onion	1	chopped
mushrooms	5	chopped
garlic cloves	2	chopped
minced meat or Quorn mince	250g (9oz)	
canned tomatoes	1 can (400g / 14oz)	
tomato puree	3 tablespoons	
bell pepper	2 tablespoons	chopped
mixed dried herbs	1 teaspoon	
black pepper	Pinch to taste	
Spaghetti or other pasta	75-100g (3-4oz) per person	

**Please Turn Over**

## Method

- 1 Heat the oil in a frying pan, add the onion and garlic and cook on a low heat until soft.
- 2 In a separate pan, dry fry (fry without oil) the mince until it looks brown and drain off any fat. If you are using Quorn, this does not need to be pre-cooked and is added in step 5.
- 3 Add the mushrooms, pepper, tomatoes, tomato puree, herbs and black pepper to the onions. Stir, put a lid on top and leave on a low heat to cook for 10 minutes.
- 4 If you want, the sauce can be blended down with a hand blender to hide all the vegetables and make a rich tomato sauce.
- 5 Add the cooked mince or half a bag of minced Quorn. Replace the lid and cook for a further 5-10 minutes, stirring occasionally.
- 6 Cook the spaghetti or pasta in boiling water following the instructions on the packet.
- 7 Drain the spaghetti and serve with the sauce.



## Handy Hints

- You can add other vegetables, such as peas, sweetcorn or carrots.
- Serve with crusty bread.
- If using minced meat, pick a lean variety, to reduce fat.

