Spaghetti Bolognese

Serves 4

- 2 medium onions
- 2 cloves garlic
- 450g mince (meat eg beef, pork or lamb or quorn)
- 2 x 400g tin of tomatoes
- 4 tbsp. tomato puree
- 2 tsp. mixed herbs
- Pepper to taste
- 2 stock cube
- 360g spaghetti
- Parmesan cheese (optional)

You'll need a pan with a lid but if you haven't got one you could use foil or a large plate.

1. Chop the onion and crush or finely chop the garlic.

2. Put the mince into a pan and fry on a medium heat until the meat is browned, stirring constantly.

3. Add the onions and garlic and fry for 5 minutes.

4. Stir in the tomatoes and puree and add herbs and pepper. Sprinkle on the stock cube and bring to the boil.

5. Lower the heat, put a lid on the pan and simmer gently for approximately 40 minutes. Taste half-way through to check the seasoning and add whatever you think needs adding.

6. When the sauce has been cooking for around 20 minutes put a large pan of water on to boil.

7. When the water is boiling, add the spaghetti making sure all of the pasta is in the boiling water and give a stir with a fork. Cook for approximately 7 minutes or advised on the packet. Taste it to check if it is ready.

8. Drain the pasta. Add a little of the bolognaise sauce to the pasta pot and add the pasta. Gently mix together with a fork & spoon or tongs (this helps the pasta from sticking together).

9. Serve the pasta onto plates adding the bolognaise sauce on top of it. And grate some parmesan cheese on top if you like.