



Spaghetti Bolognese

Serves 2

- 1 medium onion
 - 1 clove garlic
 - 225g minced beef (one small pack)
 - 1 400g tin of tomatoes
 - 2 tbsp. tomato puree
 - 1 tsp. mixed herbs
 - Pepper to taste
 - 1 stock cube
 - 200g spaghetti
 - Parmesan cheese (optional)
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 a few 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 halfway through to check the seasoning.
 6. Put a large pan of water on to boil or boil a kettle and then pour the water into a large pan.
 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 10 minutes or according to what it says on the packet. Taste it to check if it is ready.
 8. Drain the pasta. Serve the pasta onto plates adding the Bolognese sauce on top of it.