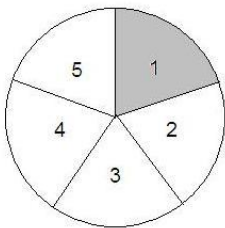


Spaghetti Bolognaise

Serves 4

Portions of fruit & vegetables per serving: 1



Hob needed



Allergen information:

Allergens are in bold.
Contains cereals
containing gluten

Ingredients	Amount	Preparation
vegetable oil	1 teaspoon	
onion	1 medium	chopped
garlic	2 cloves	finely chopped
minced meat or Quorn mince	250g (9oz)	
mushrooms	5	chopped
sweet pepper	1 medium	chopped
canned chopped tomatoes	1 can (400g / 14oz)	
tomato puree	3 tablespoons	
mixed dried herbs	1 teaspoon	
black pepper	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, sweet pepper, tomatoes, tomato puree, herbs and black pepper to the onions. Stir together then put a lid on the pan and cook on a low heat for 10 minutes.
- 4 If you prefer a smooth sauce the vegetables can now 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.

410 calories		Per serving
Fat	LOW	8.4g
Saturates	LOW	2.9g
Sugars	LOW	8.3g
Salt	LOW	0.3g

■ HIGH
 ■ MEDIUM
 ■ LOW

Handy Hints

- Try adding other vegetables, such as peas, sweetcorn and carrots.
- If using minced meat, pick a lean variety to reduce the fat content.

