

Spaghetti Bolognese

Serves 4

Ingredients:

- 1 tbsp olive oil
- 1 small carrot, chopped
- 1 medium onion, chopped
- 400g lean minced beef
- A few dashes of Lea & Perrins Worcestershire sauce
- 2 cloves of garlic, crushed – add more to taste
- 150ml red wine
- 100ml Heinz Tomato Ketchup
- 2 reduced salt beef stock cubes, crumbled
- 2 cans (800g) chopped tomatoes
- 1 tsp each dried basil and dried oregano
- 1 bay leaf
- 350g dried spaghetti, cooked

Method:

- 1) Heat oil in a large saucepan over medium heat.
- 2) Crumble in the minced beef and add a few dashes of Lea & Perrins to taste. Cook until the mince is brown.
- 3) Cook the carrots and onion for 5 minutes until softened.
- 4) Add the wine and herbs and reduce by half before stirring in Heinz Tomato Ketchup, stock cube and tomatoes.
- 5) Bring to the boil and reduce heat. Simmer sauce, partially covered, for 35 to 45 minutes or until thickened.
- 6) Discard the bay leaf. Season to taste.
- 7) Serve over freshly cooked spaghetti and sprinkle with grated parmesan cheese for an authentic touch.
- 8) Add a green salad on the side in a separate bowl.

Prep Time: 10 mins

Cooking Time: 35-45 mins