

Spaghetti Bolognaise

Ingredients

- 1 tbsp olive oil
- 200g lean (5% fat) steak mince
- 1 onion, finely chopped
- 4 large mushrooms
- 1 courgette
- 1 red pepper
- 1 carrot, grated
- 400g tinned tomatoes, chopped
- 1 glass red wine
- 300ml water
- 2 tbsp tomato purée
- $\frac{1}{2}$ tsp Worcestershire sauce
- 1 tsp freshly ground black pepper
- 300g wholemeal spaghetti
- 2 tbsp chopped fresh parsley or/and basil



Method

- Heat the olive oil in a large saucepan over a medium heat.
- Add the mince and the onion and fry for five minutes, stirring occasionally, until the mince is browned and the onions softened.
- Purée mushrooms, courgette and red pepper
- Add purée to the meat with the carrot, cook for around one minute, then add tinned tomatoes, red wine, water, tomato purée, Worcestershire sauce and freshly ground black pepper.
- Stir well and bring to the boil, then reduce the heat to simmer for 1 hour or until the sauce has thickened.
- Place the wholemeal spaghetti in a deep saucepan full of boiling water and cook according to packet instructions, then drain.
- To serve, divide the cooked spaghetti between four dishes, spoon equal portions of Bolognese sauce over each and sprinkle with parsley.