

Spaghetti Bolognaise

(Serves 4-6)

What you will need:

- 6oz Minced Beef (From Poynton's)
- 2 Tins of Chopped/Plum Tomatoes
- 1 Large Onion
- 1 Garlic Clove
- 3 Medium Carrots
- 1 Medium Broccoli
- 8 Medium Mushrooms
- (The vegetables can be fresh or frozen and diced)
- 2 Tablespoons of Mixed Herbs/Basil
- 2 Tablespoons of Tomato Puree
- ½ Packet of Dried Spaghetti
- ½ Pint of Boiling Water
- Gravy Granules

How to make:

- Fry off the mince with the onion and garlic in a deep frying pan or wok.
- Add the tomatoes, tomato puree, ½ pint of boiling water and the vegetables.
- Leave to cook on low for 30 minutes then add a small amount of gravy granules to thicken.

Whilst the Bolognaise is cooking, in a separate pan boil the spaghetti until soft, then drain and serve together.

