

# Spaghetti Bolognese

Serves 4-6



## Ingredients

350g/12oz minced meat (beef, pork, lamb, turkey) or Quorn  
2 handfuls mushrooms, sliced  
2 onions, peeled and diced  
2 peppers, deseeded and diced  
2 medium courgettes, diced  
1 large can of tomatoes  
1½ tablespoons tomato puree/ tomato ketchup  
1 tablespoon vinegar  
2 tablespoons Worcester sauce  
1 teaspoon mixed herbs or oregano  
4 cloves garlic, crushed or finely chopped  
570ml/1 pint of water  
Sprinkle of pepper, for seasoning

## Method

1. Dry fry the mince meat/quorn until browned or according to instructions. You may need to add a little water to stop the quorn or meat from sticking.
2. Add the garlic, onions, mushrooms, peppers, courgettes and cook for about 5-10 minutes or until vegetables have softened. Add a little more water if needed to prevent sticking.
3. Add the tinned tomatoes, tomato puree/ tomato ketchup, vinegar, Worcester sauce, water and mixed herbs and gently simmer for about 25-30 minutes.
4. Season with pepper.
5. Serve with a green salad and spaghetti, pasta shapes, rice, jacket potato or garlic bread.