

Fleetwood Young Chef of the Year 2017

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FLEETWOOD**
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Spaghetti Bolognese

A popular recipe that's easy to make and tastes delicious.

Ingredients

- 500g minced beef
- 2 medium onions, finely chopped
- 2 x 400g of tinned tomatoes
- 2 carrots trimmed and finely chopped
- 1 tbsp olive oil
- 2 garlic cloves, finely chopped
- 2 tbsp tomato puree
- 1 beef stock cube
- 75g parmesan cheese
- 400g spaghetti
- 1 tsp mixed herbs
- Basil leaves, finely chopped (optional)

Method

- Put a large heavy-based saucepan on a medium heat and add 1 tbsp olive oil.
- Reduce the heat and add the onion, carrot, garlic and fry for 10 mins until the veg has softened.
- Increase the heat to medium-high, add the mince and cook for 3-4 mins until the meat is browned.
- Add the tinned tomatoes, mixed herbs, tomato purée and stock cube.
- Reduce to a gentle simmer and cover with a lid. Cook at 45 minutes to 1 hour.
- When the Bolognese is nearly finished, cook the spaghetti following pack instructions.
- Drain the spaghetti and stir into the bolognese.
- Serve with the grated Parmesan the extra basil leaves.

Nutritional Benefits

Beef is an excellent source of protein, iron and vitamin B. Garlic boosts the immune system and the herbs aid digestion.