

# Together We Cook



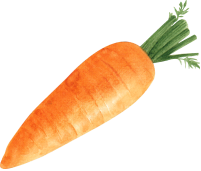
## Winter Pasta Bolognese with Salad Veggies

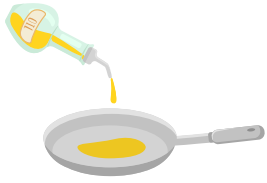


Serves 2



### Ingredients

|   |                   |
|---|-------------------|
|  | 1 onion           |
|  | 1 clove of garlic |
|  | 1 carrot          |



1 tablespoon oil



250g lean (5%fat) minced beef



400g can chopped tomatoes



1 tablespoon tomato puree



1 teaspoon dried mixed herbs



100ml water






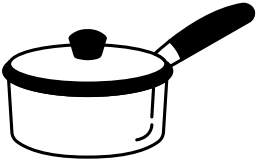

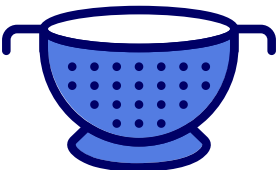


black pepper



250g spaghetti or pasta shapes  
**(wheat)**

## Method

|   |   |   |
|---|---|---|
| 1 |    | Peel and chop the <b>onions</b> and <b>carrots</b> into 1cm cubes<br>Crush the <b>garlic</b>                        |
| 2 |    | Gently heat the <b>oil</b> in the frying pan  |
| 3 |    | Add <b>onion, carrot</b> and <b>garlic</b> to the pan then heat for 5 minutes                                       |
| 4 |   | Add <b>minced beef</b> and cook until lightly browned<br>Keep stirring  |
| 5 |  | Mix in <b>tomatoes, tomato puree, mixed herbs, water</b> and <b>black pepper</b><br>Boil then simmer for 20 minutes |
| 6 |  | Half fill a pan with water then boil it   |
| 7 |  | Add the <b>pasta</b> to the water<br>Simmer for 10-12 minutes   |
| 8 |  | Drain the <b>pasta</b><br>Serve with some bolognaise sauce on top   |

## Serving ideas



- Grated parmesan or fresh basil look and taste great
- Serve with salad leaves, tomatoes and cucumber



## Variations



1. Use Quorn instead of minced beef
2. Grate carrot into the salad to serve



## Leftovers



- Chill then freeze in a sealed bag or box
- Defrost in the fridge for 3-4 hours
- Reheat until very hot

