

SPEEDY BOLOGNESE

Ingredients (Serves 4)

2 tbsp Olive Oil
1 large onion, finely chopped
2 cloves garlic, finely chopped
2 carrots, finely chopped
2 sprigs rosemary, leaves picked and finely chopped
400g lean beef mince
100g baby chestnut mushrooms, chopped
200ml red wine
2 tbsp sundried tomato paste
2 x 400gm cans chopped tomatoes
200ml beef stock
Salt and freshly ground pepper
400g wholemeal spaghetti
4 tbsp parmesan, grated

Method

1. Place a saucepan over medium heat and pour in the oil. Add the onion, garlic, carrots and rosemary and cook until the onions have softened.
2. Add the beef, increase the heat to high and cook until the beef has browned well. Once the beef has browned, add the mushrooms and stir well. Pour in the red wine and allow it to reduce by half.
3. Add the puree, tomatoes and stock and reduce the heat to a gentle simmer and allow the sauce to cook for a further 20 minutes. Taste and season well.
4. Bring a large pan of water to the boil. Season with a little salt. When the water has come to the boil, add the spaghetti and cook for around 10 minutes. Drain the pasta. Mix half the sauce with the spaghetti and serve into individual bowls. Top each serve with a spoon of bolognaise sauce. Sprinkle a little parmesan over each bowl.