

# Spaghetti Bolognese

Preparation and  
cooking time  
**45 minutes**

Serves 4 (approx total cost £3.30\*)

## Method

1. Brown the mince over a gentle heat in a non-stick frying pan, stirring to prevent it sticking.
2. Add the onion to the mince and cook for 2-3 minutes.
3. Add the remaining ingredients (if you don't like one of the vegetables, substitute it with another), bring the sauce to the boil, then reduce the heat and simmer gently for 10-15 minutes.
4. Season to taste.
5. Serve with spaghetti or another pasta of your choice.

## Ingredients

- 200g/8oz lean beef mince
- 2 x 400g canned chopped tomatoes
- 2 cloves garlic, finely chopped
- 2 tablespoons tomato purée
- 2 onions, finely chopped
- 1 red pepper, chopped
- 1 carrot, chopped
- 300g dry spaghetti
- Pepper to taste
- 1 courgette, chopped
- 200g/8oz mushrooms, sliced
- 2 teaspoons dried mixed herbs
- Optional: 1 tablespoon olive oil (if using chicken or turkey mince)

### Each serving contains:

Energy 264kcal (1109kj); Protein 13.4g;  
Carbohydrate 46.6g; of which sugars 7.9g; Fat 4.1g; of  
which saturates 1.1g; Fibre 4.9g; Sodium 0.20g; Salt 0.5g

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available on [eatwell.gov.uk](http://eatwell.gov.uk)



### Nutrition information

Per 480g serving: 264 kcal

Fat Sat fat Salt Sugar

**LOW** **LOW** **LOW** **LOW**

4.08g 1.07g 0.5g 7.9g

Simply using leaner mince  
can help reduce your  
saturated fat intake.



For more simple ways to cut down, visit [eatwell.gov.uk](http://eatwell.gov.uk)  
If you want the facts on food, we're the standard.



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