



# SPAGHETTI BOLOGNESE (SERVES 4)

## INGREDIENTS

1 teaspoon oil (not provided)	2 tablespoon mixed herbs	500g spaghetti
1 onion (finely chopped)	2 x 400g can diced tomatoes	Salt & pepper to taste (not provided)
500g beef mince	1 can brown lentils	

## UTENSILS

Large saucepan	Wooden spoon	Knife
Medium saucepan	Chopping board	Teaspoon
Ladle	Colander	Tablespoon



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## OPTIONS

To add extra serves of vegetables to your meal you could finely chop/grate and add the following;

- 1 carrot
- 1 zucchini
- 2 celery stalks
- 4 to 6 medium mushrooms

## METHOD

1. Heat oil in a large saucepan. Add onion and cook on medium heat for 4 to 5 minutes or until soft.
2. Add beef mince and cook on medium heat until just brown (this should take around 4 to 5 minutes).
3. Add mixed herbs and stir through until combined. Add tomatoes, brown lentils and cover and simmer for 5 minutes.
4. Cook spaghetti (as per pack instructions).
5. Drain spaghetti and divide between serving bowls.
6. Once cooked, spoon Bolognese sauce over pasta and serve.



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FOR MORE INFORMATION

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