

MACE



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Super Easy Spag Bol

Serves 2

This is a speedy version of an all time family favourite. If you haven't got a jar of Bolognese sauce just use a tin of tomatoes or some passata (sieved Italian tomatoes) instead. For the vegetarian option you will need to add an extra small glass of water as Quorn mince soaks up more liquid. If you've got them, throw in a handful of sliced mushrooms for extra flavour and a light grating of any hard cheese such as Cheddar or Parmesan would be delicious just before serving.



Ingredients

1 tbsp rapeseed oil
200g lean steak mince (or for a vegetarian option use 200g fresh or frozen Quorn mince)
1 onion
2 red peppers
350g jar Bolognese sauce (no more than 5g sugar and 3g fat – check the label)

150g spaghetti (wholewheat or regular)
salt and freshly ground black pepper

Method

Heat a frying pan over a medium heat. Add the oil and then tip in the mince and cook for about 3-4 minutes until well browned, breaking up any lumps with a wooden spoon.

Using a small sharp knife, cut the onion in half and peel off the skin, then finally chop. Cut the red peppers in half and remove the seeds and cores. Cut into dice and add to the mince with the onion and cook for another few minutes until softened, stirring.

Pour the sauce into the mince and vegetable mixture, stirring to combine. Season to taste with salt and pepper. Cook for 30 minutes until the peppers are really soft and the sauce has reduced and thickened, stirring occasionally with a wooden spoon to ensure it does not stick to the bottom of the pan, adding an extra splash of water if you've used Quorn mince.

Meanwhile, cook the spaghetti in a pan of boiling water with a pinch of salt for 10-12 minutes (or according to packet instructions). Drain in a colander in the sink. Divide the spaghetti among bowls and spoon the Bolognese sauce on top to serve.

Prepare Ahead

The Bolognese sauce can be made in advance and kept in an airtight container for up to 3 days in the fridge. It also freezes very well for up to 1 month. Simply defrost thoroughly and either heat in the microwave once or over a gentle heat in a saucepan. Serve with freshly cooked spaghetti.

