

#HCAStudentRecipes

SIMPLE SPAGHETTI BOLOGNESE

- Meaty or Veggie

Method

1. Heat a little oil in large saucepan and fry the onion and garlic for 1 minute.
2. Add the mince and cook until the meat is no longer pink.
3. Add the tin of tomatoes, tomato puree, mushrooms and sugar.
4. Crumble the stock cube into the pan, stir well.
5. Bring to the boil then simmer gently for 10 minutes.
6. Add the herbs 1 minute before the end of the cooking time and season well with salt and pepper.
7. Put the spaghetti on to cook.
8. Drain the pasta add a little olive oil to stop it sticking together.
9. Serve with Bolognese sauce on top.
10. You can add some grated cheddar cheese or parmesan if you like!

Ingredients

- 1 tbsp oil, to fry
- 1 onion, chopped
- 2 garlic cloves, chopped
- 250g of Quorn mince or mince meat
- 400g tin of chopped tomatoes
- 1 tbsp tomato puree
- 4-5 mushrooms, Sliced
- 1 tsp of sugar
- 1 beef or vegetable stock cube
- 1 tsp mixed herbs
- Salt and pepper to taste
- Spaghetti to serve

Use [#hcastudentrecipes](#) to let us know what you thought?
Send you suggestions to the [herefordcollegeofartssu](#)