



## SPAGHETTI BOLOGNESE

 **Prep: 10 minutes**

 **Cook: 25 minutes**

 **Serves: 4**

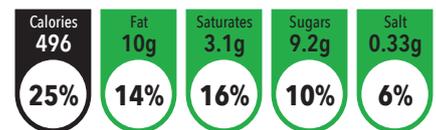
### INGREDIENTS:

- 1 tbsp oil
- 500g bag frozen minced beef
- 400g can chopped tomatoes
- 2 tbsp tomato puree (50g)
- 1 tsp **LoSalt**
- 2 tsp dried mixed herbs
- 250g frozen mixed vegetables
- 275g spaghetti

### METHOD:

1. Heat the oil in a large saucepan and fry the minced beef for 4-5 minutes to brown. Add the tomatoes plus half a can of water, tomato puree, **LoSalt** and herbs, cover and cook for 10 minutes.
2. Add the frozen vegetables and cook for a further 10 minutes uncovered.
3. Meanwhile, cook the spaghetti for 8-10 minutes until just tender, drain and stir into the Bolognese.

Each serving contains



of your guideline daily amount

### COOKS TIP:

A great freezer standby which can also be cooked in advance and tossed into freshly cooked spaghetti.