



Spaghetti Bolognese

PREP: 5 MINUTES
COOK: 35 MINUTES
SERVES 1

Recipe provided by
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ENERGY	FAT	SATURATES	SUGAR	SALT
2026kJ 481kcal	11g LOW	3.7g LOW	13g LOW	1.4g LOW
24%	16%	19%	15%	24%

of your reference intake
Typical values per 100g: Energy 394kJ/94kcal

Ingredients

- 60g fresh beef mince
- 50g fresh pork mince
- 50g dried spaghetti
- 1 x 200g can of chopped tomatoes
- 1 small onion finely diced
- 1 clove of garlic, peeled and finely chopped
- 60ml red wine
- 2 tsp tomato puree
- ½ beef or vegetable stock cube
- 1 tsp dried Italian mixed herbs
- Black pepper to taste
- Fresh basil leaves to serve (optional)
- Rapeseed oil spray

Method

1. Heat a saucepan and then add a spray of the oil and add the onions and garlic, cook gently until softened.
2. Turn up the heat slightly and add the beef and pork mince a bit at a time (this will help to stop the temperature of the pan cooling and stop the mince from boiling rather than frying) and cook until the meat has browned.
3. Add the tomatoes, tomato puree, wine, herbs and stock cube to the mince and stir until all the ingredients have combined.
4. Reduce the heat and allow to simmer until the tomatoes have softened and the sauce has reduced – this will take about 25 minutes.
5. 15 minutes before the Bolognese has finished cooking, heat up some water in a separate pan and cook the spaghetti.
6. Season the Bolognese sauce with a little black pepper if required.
7. Drain the pasta, and serve on a warm plate or in a pasta bowl, top with the Bolognese sauce.
8. Serve with the fresh basil leaves sprinkled over the top.