

# EASY WELSH BEEF SPAG BOL





## INGREDIENTS

450g lean PGI Welsh Beef mince

1 onion, chopped

2 cloves garlic, peeled and chopped

100g grated carrot

½ tsp dried mixed herbs

Salt and pepper

400g tin chopped tomatoes

1 tbsp tomato puree or ketchup

400ml beef stock

Dried spaghetti

Grated cheese to serve

## METHOD



20 mins



45 mins



Serves 4

- 1 Place the mince into a deep frying pan or saucepan, start frying using low heat – to release the fat from the mince, then increase the heat and fry the mince until it's nice and brown.



- 2 Remove the mince from the pan and add the onion and garlic to the pan and fry gently until softened.



- 3 Return the mince to the pan, add a pinch of salt and black pepper, carrots, tomatoes, tomato puree, herbs and stock.



- 4 Stir well, bring to the boil then reduce the heat and allow the mixture to simmer for approximately 35 minutes until the sauce has thickened.



- 5 Cook the spaghetti as the packet instructs, drain and serve with the bolognese mixture.



- 6 Serve topped with grated cheese.



## Top tips

- Any leftover bolognese? If so use as a tasty topping on a pizza!
- If you add a little bit of the pasta water the starch will help thicken the bolognese!