

# Spaghetti Bolognese

## (Serves 4)

### Ingredients

- 50ml Olive Oil
- 500g Beef/ Lamb Mince
- 1 Red Onion + 1 White Onion
- 4 Garlic Cloves
- 1 tsp tomato puree
- 1 tbsp chopped thyme leaves
- 1 tbsp dried Oregano
- 200ml Red Wine
- 2 x 400g can Italian chopped tomatoes
- 1 stick celery, finely diced
- 1 carrot, finely diced
- 15-20 mushrooms, halved, large slices
- 1 oxo cube – Beef/ Lamb
- Worcester Sauce
- Couple of pinches of nutmeg.

### Method

1. Heat the oil in a saucepan and fry the meat with the Worcester sauce until lightly browned. Remove from the pan and pour in the remaining oil.
2. Add the onion and garlic and cook over a gentle heat for 5 minutes, until slightly softened.
3. Add the vegetables and gentle heat for 10-15 minutes. Add  $\frac{1}{2}$  Thyme and  $\frac{1}{2}$  Oregano.
4. Return the meat to the saucepan and stir in the tomato puree, thyme, red wine, the rest of the herbs and the oxo cube and chopped tomatoes, add some nutmeg.
5. Cook for  $1\frac{1}{2}$  - 2 hours on a very low heat, until the mixture is dark, rich and glossy. Stir frequently.
6. Serve with spaghetti and Parmesan Cheese!