

## Spaghetti Bolognaise

Serves four

### Standard Recipe

1 tbspn oil  
 1 onion, finely chopped  
 1 clove garlic, crushed

250g bacon  
 500g mince  
 1/2 cup beef stock or red wine  
 425g can tomatoes (undrained and mashed)  
 1 tspn each parsley and mixed herbs  
 Salt, pepper

250g spaghetti, cooked  
 2 tbspns parmesan cheese

### Method:

1. Heat oil in frypan. Brown onion, garlic and bacon. Add mince and fry until brown.
2. Stir in stock or wine, canned tomatoes, parsley, herbs, salt and pepper. Cover and simmer for 30 minutes.
3. Serve with pasta and parmesan cheese.

### Modify with:

Omit oil  
 Add extra onion  
 Add more vegetables - diced celery, carrots, mushrooms, zucchini  
 omit bacon  
 Reduce to 375g  
 (Keep/omit stock or red wine)  
 Add 2 tbspns tomato paste  
 Add extra chopped parsley  
 Salt not needed. Add extra herbs e.g. basil, cumin, oregano  
 Increase to 375g, use wholemeal pasta

### Method:

1. Brown mince in pan without oil. Pour off excess fat. Add onion, celery & garlic and cook for 5 min.
2. Add in extra vegetables and tomato paste.
3. Serve with a side salad.

### Variations:

- Speedy version - add a jar of vegetable-based pasta sauce to mince and vegetables (but look for brands with a nutrition panel that shows 2g of fat or less per 100g).
- Spicy Vegetarian Bolognaise - replace meat with two 440g cans of red kidney beans drained and rinsed. Add 1 tspn ground cumin and 1 tspn ground coriander for extra spice! Serve with spaghetti as above.
- Trim and tasty Lasagne - use the meat sauce above, instant lasagne sheets and the cheese or white sauce recipe. For a vegetarian lasagne, replace meat with a large bunch of silverbeet or a 440g can of beans.
- Quick Curry - omit the tomato paste, add 1/2 cup sultanas, 2 tbspns curry powder and a dash of Tabasco sauce. Serve with rice instead of pasta.