

SPAGHETTI BOLOGNESE

200g spaghetti
1 onion
100g mushrooms
1 green pepper
200g minced meat
1 tablespoon flour
1 large can tomatoes
1 stock cube
mixed herbs
seasoning

1. Peel and chop the onion and pepper. Wash and slice the mushrooms.
2. Place the meat, onions, mushrooms and pepper in a pan and cook them for 5 minutes until the mince is brown.
3. Stir in the flour and tomatoes and stock cube. Season well and add 1/2 tsp. mixed herbs.
4. Bring to the boil, then simmer very gently with the lid on, for 30 minutes.
5. Cook the spaghetti: put a large pan of water on to boil. Add a pinch of salt to the water. When the water is boiling, add the spaghetti and bring back to the boil and cook for 10-15 minutes. Drain in a colander and place in a warm dish.
6. Pour the sauce on top of the spaghetti and serve.

Spaghetti Bolognese is usually served with grated parmesan cheese on top.