



#E-LIFE HACKS

BOLOGNESE RECIPE

Serves 4

Ingredients

2 tablespoons of vegetable oil
500g of mince
1 medium onion
2 garlic cloves

Version 2

1 tin of chopped tomatoes
3 tablespoons of tomato puree
1 teaspoon of mixed Italian herbs
Salt and pepper

Version 1

1 jar of Bolognese sauce

Approximately 100g of pasta per person

Directions

1. Finely chop the onion and garlic.
2. Fry the mince and the onions in the oil in a large pan for 5 minutes.
3. Add the garlic and tomato puree and cook for a further 2 minutes.
4. Add the jar of Bolognese sauce OR the chopped tomatoes, dried herbs and seasoning.
5. Leave simmering (gently bubbling on a low heat) for at least 15 minutes but preferably longer.
6. Whilst the Bolognese is simmering, cook the pasta according to the pack instructions.



Top Tip: Add sliced mushrooms, chopped peppers, finely sliced celery, finely chopped or grated carrot or even pancetta (a type of bacon) to add flavour and some of your five a day.