

# How to... Bolognaise

(Serves 2)

**TIP:**  
To increase vegetable content add 1 carrot (grated) or 1 handful of frozen mixed vegetables at step 6!

½ mug of water, 1 medium onion, 3 mushrooms, 150g lean mince, 1 teaspoon garlic purée, ½ tin chopped tomatoes, 1 teaspoon dried mixed herbs, 1 teaspoon tomato purée.



Collect your ingredients.



Remove the mince from the fridge.



Wash and slice the mushrooms.



Peel and chop the onion.



Place a pot on a medium heat, add mince. Wash hands. Stir and cook until mince is brown.



Add onion, herbs, garlic, tomato purée and stir well. Add any additional vegetables to the pot.



Add tinned tomatoes and water, reduce heat to low and cook for 40 minutes.



Add mushrooms and cook for a further 5 minutes.



Serve with pasta of your choice.