



Spaghetti Bolognese

Spaghetti Bolognese is a timeless classic! There are so many variations of this delicious dish, so we settled for the simplest one. This recipe makes about 5-6 portions, perfect for cooking with your flatmates.

What you'll need...

1 onion. 16p

Garlic. 30p

Lean beef mince (can be subbed for soy mince). £4/£1.75

1 can of chopped tomatoes. 31p

Oxo cube. £1.25

Red mini bottle of wine (187ml - you don't have to include this!) £1.75

Tomato puree. 45p

Bay leaf. 70p

Italian mixed herbs. 70p

Total: £9.62

(£7.37 if you go veggie!)

Serves: 5-6

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how to do it...

1. Peel and finely chop the onion and the garlic. On a low-medium heat, put a small amount of olive oil in the pan. When the oil has warmed up, add the onion and fry slowly until soft.
2. Add the garlic and cook gently for a few minutes – be careful not to let it go brown as this burns the garlic!
3. Add the mince until brown and no longer pink.
4. Pour in the can of chopped tomatoes. Fill the empty can with water and add this too, along with an Oxo cube. If you're including red wine, now's the time to add it!
5. Mix it all in, and add a generous amount of tomato puree (about a third of the tube). Stir it in.
6. Add one bay leaf as well as a teaspoon of the mixed herbs, a good amount of black pepper, and a small amount of salt.
7. Bring it to the boil and then turn the heat right down. Cook it slowly for about an hour, stirring occasionally, until it's thick.
8. Cook up some spaghetti and serve!

