

## NUTRITION: Lazza's Kitchen

### Spaghetti Bolognese

**Lazza is still trying out new recipes  
Today - he cooks Spaghetti Bolognese**

Bolognese sauce, sometimes known as Ragu, is an Italian meat based sauce, normally served with Tagiatelle, or with Lasagne.

It is outside Italy where it has proven to be popular with Spaghetti.  
The earliest documented recipe with Ragu appears in the late 18th century.



400g/14oz beef mince (I used 500g)  
1 onion chopped  
2 garlic cloves, chopped  
Squeeze of tomato puree  
2 x 400g tin chopped tomatoes  
300ml/14fl oz. stock using beef stock cube  
Dash of Worcestershire sauce  
Spaghetti - you decide what you like  
Mixed Herbs  
Cheese to top

1. In a large saucepan, heat a little oil, and cook the mince until brown.
2. Add the onion and garlic and stir.
3. Then add the tomato puree and Worcestershire sauce, and the tins of tomatoes.
4. Have a good stir and heat for a few minutes.
5. Dissolve the stock cubes in the water and then add to the saucepan, plus the mixed herbs.
6. Cook for around 30-45 minutes, allowing the sauce to thicken.
7. For the spaghetti, boil some water and add the spaghetti, cooking for time on the packet.
8. Once cooked, drain, and then you can either add into the sauce, or serve separately.
9. I topped my plate of food with some grated cheese.
10. Enjoy.



**This was not my first ever  
Spaghetti Bolognese, but I  
usually use shop sauces or  
sauce mixes.**

**It was great doing it all from  
ingredients. A simple but tasty  
dish to eat.**

**During this pandemic I decided to try a new hobby - cooking.  
Something I have never really experimented with. And it is going so well.  
Why not try out some new recipes and foods yourself?  
This was a great and simple dish to prepare.**