



Spaghetti mushroom bolognese

Preparation: 15 minutes

Cooking: 55 minutes

Serves: 4

2 tbs olive oil
1 medium onion, finely chopped
2 garlic cloves, crushed
350g lean beef mince
350g button mushrooms, finely diced
800g can diced tomatoes
2 tbs tomato paste
pinch sugar
salt & ground black pepper, to taste
400g dried spaghetti

1. Heat oil in a large heavy-based frying pan over medium-high heat. Add onion & garlic & cook, stirring occasionally, for 5-6 minutes or until onion is soft.
2. Add beef mince & cook, stirring constantly to break up mince, for 5 minutes or until evenly browned. Add mushrooms & cook, stirring occasionally, for 2 minutes or until just soft.
3. Add tomatoes, tomato paste & sugar to pan. Stir to combine & season with salt & pepper. Reduce heat to low, cover & cook, stirring occasionally, for 40 minutes or until at desired consistency.
4. Meanwhile, cook spaghetti in a large saucepan of salted boiling water, following packet directions, until al dente.
5. Drain spaghetti, place onto serving plates, spoon over bolognese sauce & serve.