

Extra Lean Beef Bolognese



400 grams of extra lean steak mince

1 crushed clove of garlic and 1 chopped onion

1 teaspoon of tomato puree

1 carton of tomato pasta or tin of chopped tomatoes

Chopped basil

Seasoning with salt and pepper.

Brown off mince on pan, add onion and garlic and cook for 2 - 3 minutes, add tomato puree and pasta or tomatoes, season and add basil and serve with whole

wheat or white spaghetti, may also be served in a
toasted wholemeal pita bread

May be stored in fridge for 3 - 4 days.