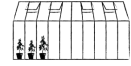


One Pot Spaghetti Bolognese



Jaz Mathisen
AWAKINO STATION

Ingredients:

- 1 kilo beef mince
- 1 large onion, diced
- 2 large carrots, diced
- 3 stalks celery, sliced
- 3 cloves garlic, crushed
- 1/3 cup tomato paste
- 1 tbsp dried mixed herbs
- 1 tbsp brown sugar
- 1 tbsp Worcestershire sauce
- 1x 400g tin crushed tomatoes
- 3 cups beef stock
- 4 cups uncooked pasta such as penne or spirals
- salt and pepper to taste
- 1 cup grated cheese

Optional extras:

- add mushrooms when sautéing the vegetables
- frozen peas are a lovely addition too for kids
- use mozzarella on top for extra cheesy goodness
- if using a Dutch oven, pop it under the grill after adding the cheese for a golden topping.

Method:

1. In a Dutch oven or large frying pan with a lid add a splash of oil and the beef mince, breaking it up quickly with a wooden spoon to brown.
2. Add the onion, carrot, celery and garlic and sauté for 5 minutes.
3. Stir through the dried mixed herbs and tomato paste and cook for another minute.
4. Add the brown sugar, Worcestershire sauce, tinned tomato and beef stock and bring to the boil.
5. Once boiling stir through the pasta and reduce the temperature to a simmer.
6. Cover with a lid and allow the pasta to cook for about 30 minutes, stirring a couple of times to ensure all the liquid is absorbed and the pasta cooks evenly.
7. Taste and season with salt and pepper.
8. Sprinkle the grated cheese over top, put the lid back on and cook for another few minutes until the cheese has melted.