

Ingredients:

- ½ onion
 - ½ clove garlic
 - 1 small carrot
 - 1 tsp olive oil
 - 250g minced beef
 - 1 can tomatoes
 - tbsp tomato paste
 - ½ cup of beef stock
 - 250g spaghetti
- (serves 2 or 3)



Brilliant

polognaise

The sauce

Method:

- chop the onion, crush the garlic and grate the carrot
- put oil into a pan and heat for 30 secs.
- put onion, garlic in pan and stir until the onion is soft
- add the mince and cook until the meat is browned all over
- add the tomatoes, tomato paste, stock and carrot to the pan
- mix it all together and simmer without a lid for 40 minutes
- stir occasionally with a wooden spoon.



The pasta:

- fill a large pan ¾ full with water
- cover the pan with a lid and bring the water to the boil
- add the spaghetti to the boiling water and stir
- boil without the lid - see instructions on packet for cooking time
- drain well and serve

