



Good-for-you bolognese



Method

1. Heat the oil in a large frying pan and add the onion. Cook gently for a few mins, then add the carrots, courgettes and mushrooms and fry for 5 more mins. Stir in the garlic with 1 min to go.
2. Tip in the tomatoes, Worcestershire sauce and 300ml boiling water, then season to taste. Bring to the boil, cover, then simmer for 15 mins until tender. Meanwhile, heat a non-stick pan and add the mince. Break it up with a wooden spatula and cook for 10 mins, stirring until browned all over.
3. Add the basil leaves (reserve a few) to the veg sauce, then put a stick blender into the pan and blend until smooth. Pour the sauce and gravy granules into the mince, then stir to thicken. Cover and simmer for 15 mins.
4. Meanwhile, boil the pasta. Reserve a small cup of the cooking water, then drain. Mix the spaghetti with the sauce and reserved water, then serve, topped with a few more basil leaves.



Ingredients

- 2 tsp olive oil
- 1 onion, chopped
- 4 carrots, chopped
- 2 courgettes, chopped
- 85g button mushrooms
- 1 garlic clove, crushed
- 400g can chopped tomatoes
- 1 tbsp Worcestershire sauce
- 500g lean minced beef
- handful basil leaves
- 1 tbsp gravy granules
- 400g spaghetti

