

Spaghetti Bolognese

Ingredients

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- 340g spaghetti
- 300g minced beef
- 2 carrots, grated
- 2 sticks of celery, finely diced
 - 150g lentils
- 1 large onion, diced
- 2 garlic cloves, minced
- Tin chopped tomatoes
 - 500ml beef stock
- 2 tbsp Worcestershire sauce

Method

- 1.** Fry the mince and onions until the mince is browned.
- 2.** Add the carrot and celery and stir for 5 minutes.
- 3.** Add the garlic and fry for 2 more minutes.
- 4.** Stir in the lentils mixing well.
- 5.** Add the tomatoes and stock and bring to the boil. Simmer gently stirring occasionally for 20 minutes. If the mix is too dry add some more water.
- 6.** Meanwhile, cook the spaghetti as per the packet instructions. Once cooked drain and serve with the bolognese on top.