



Fit to Eat



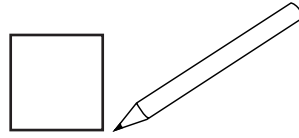
Recipe card

Spaghetti Bolognese



Spaghetti Bolognaise for one person

Ingredients, things in this meal



small onion



1 clove of garlic



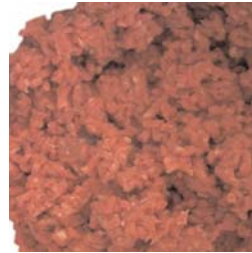
4 mushrooms



small tin of tomatoes



oil
1 dessertspoon



250g lean mince



teaspoon of mixed herbs



$\frac{1}{2}$ stock cube



a handful of spaghetti

How to make your meal



Peel and crush the garlic.



Peel and chop the onion.



Wash and chop the mushrooms.

How to make your meal



Heat some oil in a saucepan. Add the onion and garlic and fry for 5 minutes stirring all the time.



Add the mushrooms and fry for one minute. Add the mince stirring all the time until it goes brown.



Add the tomatoes, herbs and stock cube. Simmer the mixture for 40 minutes, stir sometimes so it does not stick.



Put water over halfway in a large pan, boil it. When the water is boiling, break the spaghetti in half and put it in the water.



Drain the spaghetti and put it on a plate. Spoon the bolognese mixture on the spaghetti. Add some grated cheese if you like.