



Preparation: 10 mins

Cooking: 25 mins

Serves: 4

Cost: Under £6.00

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Nutritional Information

Per 457g serving

Energy	377 kcals 1436 kj	Carbohydrate	63.2g
Fat	5.8g	Sugar	13.4g
Saturates	1.4g	Salt	0.2g
Protein	6.7g	Sodium	66mg
NSP Fibre	6.7g		

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Ingredients

- 2 Small Sized (120g) Onions
- 1 Medium Sized (160g) Red Pepper
- 5 Large Sized (100g) Mushrooms
- 2 (6g) Garlic Cloves or 1 Teaspoon (5g) Garlic Puree
- 1 Tablespoon (10g) Vegetable Oil
- ½ Pack (200g) Lean Minced Beef
- 2 Tins (800g) Chopped or Plum Tomatoes
- 2 Teaspoons (2g) Dried Mixed Herbs
- 1 Medium Sized (80g) Carrot
- ½ Pack (300g) Spaghetti
- 1 Pinck Ground Black Pepper

Tips

Time Saver Tips: To save time at meal time, you can prepare the sauce in advance and heat through when needed. You can also use garlic puree, to save chopping that garlic. Why not try making the sauce in bulk? That way, you can freeze some for another time.

Cost Saver Tips: Plum tomatoes can be a cheaper alternative to chopped tomatoes. Don't forget, you can save leftover spaghetti by mixing it with a little oil, covering it, and popping it in the fridge for up to a day.

Tips for Kids: Why not try wholemeal spaghetti to give your wee one a fibre boost? If you do, bear in mind it may take 2-4 minutes longer to cook.



Method

1. Peel and chop the onions; wash, peel and dice the carrot; wipe dirt off the mushrooms and slice; wash, deseed and dice peppers and finely chop or crush the garlic.
2. Heat the oil in a pan then slowly brown the onion over a gentle heat.
3. Add the mince, stirring to stop it from sticking.
4. Add the remaining ingredients, apart from the spaghetti, bring the sauce to the boil, cover and then lower the heat and simmer gently for 15-20 minutes, giving it a stir now and again. If using plum tomatoes, chop them up using a spoon when in the pan.
5. While that's cooking bring a large pan of water to the boil, add the spaghetti and follow the instructions on the packet for cooking.
6. Add pepper to sauce to taste. Drain the spaghetti and serve with sauce.

Allergy Disclaimer

Always check the label of each ingredient for allergy warnings.