



LIAM HOWELLS
PERFORMANCE NUTRITION

Spaghetti Bolognese



Calories: 409



Carbs: 61



Protein: 26



Fat: 5

SERVINGS: 8

PREP TIME: 10 MIN

COOKING TIME: 40 MIN

Ingredients

- 500 g 5% lean beef mince
- 400 g passata
- 400 g chopped tomatoes
- 2 tbsp tomato puree
- 1 tbsp Worcestershire sauce or Henderson's relish
- 2 beef stock cubes crumbled
- 1 tbsp dried oregano
- 1 tbsp dried basil
- 1 medium carrot peeled and grated
- 150 g mushrooms sliced
- 1 courgette grated
- 1 large onion peeled and finely diced
- 4 cloves garlic peeled and crushed
- 1 leek finely diced
- low calorie cooking spray
- 600 g dried spaghetti

Directions

- Spray a large saucepan with low calorie cooking spray and brown the meat for 5 minutes. Add all of the veg and herbs and cook on a low heat for 5 minutes.
- Stir in the tomato purée and cook out for a couple of minutes. Add the remaining ingredients and stir well. Simmer on a low heat for 30 minutes, stirring occasionally, until the sauce is thick and rich, and the meat tender.
- Meanwhile, bring a large pan of salted water to the boil and cook the pasta according to the cooking instructions.
- Serve immediately with spaghetti, or pasta with a sprinkle of Parmesan!