

Bolognese

Easy Meals! Feed your family with the Shop for under £10!



Ingredients

Mince small pack (£3.25)
Tinned tomatoes (55p)
Carrots x 2 (28p)
Pepper (£1.00)
Mushrooms (£1.00)
Onion (13p)
Courgette (75p)
Garlic 2 cloves (50p for a bulb)
Spaghetti (£1.50).

Method

- Put a heavy bottomed pan on to a medium heat, add a little oil.
- Add the chopped onion and garlic.
- Once the onion is soft add the meat and cook until brown.
- Add grated carrot and courgette, and chopped pepper, mix through the mince.
- Add the tinned tomatoes and cook for 10 minutes
- Add the mushrooms and pepper and leave simmering until you are ready to serve.
- 15 minutes before dinner time cook the spaghetti.

Total cost from the Shop £8.84
(Prices correct at September 2017)