

Spaghetti Bolognese

Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic (minced)
- 1 onion (diced)
- 1 tablespoon coriander or oregano (dried)
- 1 tablespoon tomato paste
- 500 grams lean mince
- 1 can (425 grams) condensed tomato soup
- Water (as required)
- Spaghetti (cooked as per instructions)
- Cream cheese & parsley for garnish (optional)

Method

1. Heat oil in saucepan.
2. Add onion and cook for 1 min.
3. Add garlic and cook for 1 min.
4. Add mince and brown.
5. Add tomato paste and coriander and cook for 1 min.
6. Add condensed soup and simmer for 10 minutes. Add water if required.
7. Place cooked spaghetti in the bottom of a bowl. Add bolognese sauce to top. Garnish with a dollop of cream cheese and a sprig of parsley.
8. Serve with salad or vegetables.