

BOLOGNAISE MEAT SAUCE



INGREDIENTS

- Approx. 225g beef mince
- Approx. 225g pork mince
- 1 rasher bacon, chopped
- 1 tbsp olive oil
- 1 clove garlic, finely chopped
- 1 small brown onion, finely chopped
- 1 carrot, diced
- 1 celery stick, diced
- 1 tbsp finely chopped parsley
- 1 bay leaf
- 400g tin chopped tomatoes
- 1 cup tomato puree
- 2 tbsp tomato paste
- Salt and pepper
- 1/2 cup small pasta shapes
- 1/2 tsp chopped basil
- Approx. 30g butter

DIRECTIONS

1. Place beef & pork mince, bacon, olive oil, garlic, onion, carrot, celery, parsley and bay leaf into a saucepan and brown slowly, stirring continuously.
2. Add tinned tomatoes, tomato puree and tomato paste to saucepan, along with a pinch of salt and pepper. Cover and simmer for 50min.
3. Add pasta and cook for another 10min, or until the pasta is al dente.
4. Add basil and cook for 1 minute more.
5. Remove from heat and add butter. Serve with pasta, steamed greens and parmesan. Serves 6.