

# Slurperlicious Spaghetti Bolognese Recipe

Serves 3 – 4

## Ingredients:

250 g minced beef	Splash of olive oil
1 large onion finely chopped	2 – 3 cloves garlic crushed
1 carrot grated	1 stick celery finely diced
1 tspn each dried oregano and marjoram	½ tspn smoked paprika
½ cup grated zucchini	2 Tablespoons tomato paste
1 tin crushed tomatoes (or equivalent passata)	1 beef stock cube
Dash of Worcester sauce	1 – 1 ½ cups of red wine
¾ cup of sliced mushrooms	
2 anchovies finely diced (you really won't taste them but they add to the flavour!)	
Salt and cracked black pepper to taste	Chopped fresh parsley

¾ packet of dried spaghetti pasta (use more or less as you desire) Penne and Shell pasta is a favourite of mine. Fresh pasta is brilliant too! Anything that soaks up all that sauce.

Parmesan cheese *NB: milk, chopped bacon and diced capsicum are extras you could add too*

## Method:

- Heat olive oil in a large saucepan or wok over medium to low heat
- Add onion, garlic and grated vegies, stirring gently until softened
- Increase heat slightly and add mince. Brown, stirring occasionally before adding dried spices and stock cube
- Add tomatoes, tomato paste, sauce, anchovies and wine. Stir to combine.
- Cover with just enough water to almost cover everything. Bring slowly to boil then turn heat to low to simmer...all day! (Seriously I just leave mine to blip along all day until the sauce is thick and rich but 2 hours is plenty of time to cook everything down)
- Season and correct with more spices or liquid if necessary
- Add mushrooms and continue to simmer
- Just before serving, add chopped parsley (or fresh oregano or basil if you have them)
- Cook spaghetti or your favourite pasta shape according to directions on the pack
- Once pasta is cooked, toss through a splash of olive oil and powdered garlic or chopped herbs (just for more flavour fun). Add to bowls and top with ladles of Bolognese sauce
- Add black pepper if you like
- Top with grated (fresh or packet) parmesan cheese. Yum! Sprinkle with more parsley.

Enjoy!

Bon Appetito!