



BOLOGNAISE WITH SHREDDED CABBAGE!

Don't knock it until you've tried it! serves 4-6 ready in 1 hour

500g lean minced beef

1 medium onion, peeled and finely chopped

2 sticks of celery, trimmed and finely sliced

2 medium carrots, peeled and finely diced

2 garlic cloves, peeled and crushed

A couple of handfuls of button mushrooms, halved

400g can chopped tomatoes with herbs

2tbsp tomato puree

beef stock cube

Cook the mince with the onion, celery, carrots and garlic in a large non stick saucepan over a medium heat for 5 mins or until the beef is no longer pink.

Add the mushrooms and cook with the mince and vegetables for a further 2-3 mins. Stir in the tomatoes and tomato puree. Refill the tomato can with cold water and pour in to the pan. Crumble the stock cube over the top, season with ground black pepper and bring to a simmer. When the liquid is bubbling, cover the pan with a lid and simmer over a low heat for 35 mins, stirring occasionally. Before serving, season to taste with salt and pepper. Serve on shredded cabbage.

N.B Don't forget that if you are cooking for the family – you can do a small portion of whole wheat pasta for them.