



## Spaghetti Bolognese

This version of spaghetti Bolognese is a healthy, yet rich and gloopy bolognaise. It is a firm favourite with my children and is easy to cook on the stove or in the slow cooker. It also freezes very well, so you can prepare large batches in advance.

### Ingredients: (serves 4)

1 tbsp coconut oil	50ml water (whoosh it round the emptied can of tomatoes)
1 large onion, chopped	
4 carrots, washed and chopped	200 ml port (or red wine)
4 large chopped tomatoes or handful of cherry tomatoes	1 tbsp Worcestershire sauce
500g minced beef	2 tbsp balsamic vinegar
400g can chopped tomatoes	Pinch salt
Good squeeze of sundried tomato paste	Lots of freshly grated black pepper
	Parmesan cheese

### Method:

Use a large frying pan and melt the coconut oil. Add the chopped onion and fry for 5 minutes on a gentle heat until it starts to brown. Add the carrot chunks and cook on a medium heat for a further 5 minutes with the lid on. Toss in the meat and make sure to separate it well to avoid it cooking into chunks of mince. Let the meat brown for 5 minutes or so. Add the port, salt and black pepper and stir well.

Add the tinned tomatoes, water, tomato paste, Worcestershire sauce and balsamic vinegar. Combine well and bring to the boil. With the lid on, simmer on a low heat for a good 2 hours. It will be ready within an hour, but it won't be as gloopy and delicious as allowing it to cook for longer. If the sauce needs a little thickening before serving, either reduce it in the pan or stir through some gravy thickening powder.

Approximately 15 minutes before serving up, boil a large pan of water and add the spaghetti. Cook per the instructions on the packet. Drain and drizzle with a little olive oil. To serve, divide the pasta into four bowls, spoon the Bolognese sauce onto the pasta and grate over a little fresh parmesan cheese.

### To cook in the slow cooker:

I cook on the high setting of my slow cooker. It's as simple as adding all the ingredients and combining well. As I don't pre-fry or pre-boil anything you will not need the coconut oil.

Cook on a high setting for approximately 7-8 hours with the lid on, stirring occasionally if possible. I have cooked this for 9 hours in the past and it was as equally delicious. If the sauce needs a little thickening before serving, stir through some gravy thickening powder. Remember to cook the pasta and add the grated parmesan cheese as above.

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