



# THE PERFECT BOLOGNAISE MINCE

Serves 4-6

Serve on pasta, use in lasagna or use  
in toasted sandwiches



**HOT  
TIP**

## Ingredients

2 Tbsp.	Olive oil
500 g	Beef mince, lean
1/2 cup	Carrots, finely diced
1/2 cup	Onions, finely diced
1/4 cup	Celery, finely diced
1 Tbsp	Garlic
2 Tbsp	Tomato paste
1/4 cup	Wine, white, dry
1 Can	Tomatoes, crushed
1 cup	Beef stock, prepared
1 tsp	Salt, fine
1/2 tsp	Pepper, black, coarse
1 tsp	Oregano, dried

## Method

1. Heat the oil in the pan over a high heat.
2. Brown the beef then add the carrots, onions, celery and garlic. Fry for 5 minutes then add the tomato paste.
3. Add the wine and simmer until evaporated.
4. Add the tomatoes, beef stock and seasoning.
5. Simmer, uncovered on low for 25-30 minutes

*Add 1/2 cup of cream and top with parmesan for a creamy tomato pasta*