

Low Tomato Bolognese Sauce



Serves
4

Ingredients

- 1 tbsp. oil
- 400g minced beef
- ½ large onion, chopped
- ½ tsp ground nutmeg
- 1 carrot, chopped
- 1 celery stick, finely chopped
- 1 garlic clove, finely chopped
- 1 reduced salt chicken or beef stock cube with 200ml water
- 100ml passata
- 10g fresh basil

Method

1. Heat the oil in a pan and fry the onions, carrots and celery for 5 minutes. Add the garlic and fry for a further minute.
2. Add the mince to the pan and brown, breaking it up with a wooden spoon.
3. Add the stock, passata, basil and nutmeg and season to taste with salt and pepper.
4. Allow to simmer on a low heat for about an hour, using a lid that is slightly ajar to let out the steam. Serve with pasta and garlic bread.

Nutritional Information (per portion)

Energy (kcal)	280
Protein (g)	20.9
Potassium (mg/mmol)	455/11.4
Phosphorus (mg/mmol)	176/5.6
Sodium (mg/mmol)	397/17.1

