

Magic Mince.



Look what it turns into.

Spaghetti Bolognaise

Preparation Time: 5 minutes

Cooking Time: 15-20 minutes

Serves: 6

500g Quality Mark beef or lamb mince
1 Tbsp oil
1 onion, finely chopped
1 cup beef stock
1 tsp mixed herbs
¼ cup tomato paste
1 x 425g jar pasta sauce



Heat oil in a heavy-based pan and add the onion, stirring over a moderate heat for 1-2 minutes. Add the mince, stirring constantly until well browned. Drain off excess liquid.

Stir in the remaining ingredients. Cover and simmer gently for 15-20 minutes, or until cooked through. Season to taste. Serve with spaghetti, French bread and salad.

TIPS

For younger children: Try using a pasta with different or unusual shapes for a change.

For older children and parents: Try adding oregano, basil and garlic for extra flavour.

Kids Love Mince.

For children aged 1-13 years, a 100g serving of lean beef or lamb mince provides at least 20% of the average recommended daily intake of iron.