

Pasta Bolognese Bake *Week 2*

Ingredients

500g spiral pasta
1 tbsp olive oil
350g 5% fat beef steak mince
1 clove garlic, peeled and finely chopped
1 tsp dried mixed herbs
400g chopped tomatoes
440g tomato sauce
2 slices wholemeal bread, torn into small pieces
30g mild cheese, grated

Method

Cook the pasta according to the instructions on the packet.
Meanwhile, heat the oil in a frying pan over a medium-high heat and cook the mince for 10 minutes, until browned and no pink colour remains. Add the garlic, herbs, tomatoes and sauce, and cook for a further 10-15 minutes.
Stir the pasta, the beef mixture. Tip into an ovenproof dish.
Grill under a preheated grill until the cheese has melted.