**Spaghetti Bolognese**

Quantity for 4 – 6 servings

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| --- | --- |
| Ingredients | Method |
| 500 g Minced beef | Sweat onions, carrots & celery in oil |
| 2 Carrots diced | Add beef, tomato puree, garlic & stock |
| 2 Onions diced | Add chopped tomatoes & herbs |
| 2 Celery sticks diced | Simmer gently for 30mins |
| 2 tbsp Tomato puree |  |
| 1 crushed garlic clove |  |
| 250 ml beef stock |  |
| 1 tin chopped tomatoes |  |
| 1 tsp Italian herbs |  |
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\*Serve with spaghetti or pasta twirls

**Moroccan Lamb**

Quantity for 4 – 6 servings

|  |  |
| --- | --- |
| Ingredients | Method |
| 500 g Diced lamb | * Dice onions and sweat in oil
 |
| 2 tbsps plain flour | * Add tomato puree, spices, garlic
 |
| 2 Onions diced | * Roll lamb into flour add to pan
 |
| 150 ml olive oil | * Combine with chopped tomatoes,
 |
| 1 tbsp Tomato puree | * Add mango, apple, apricots and stock
 |
| 1 crushed garlic clove | * Simmer gently for 1½hr until tender
 |
| 750 ml vegetable stock |  |
| 1 tin chopped tomatoes |  |
| 1 sm chopped dessert apple |  |
| 1 tsp ground cinnamon |  |
| 150 g chopped dried apricots |  |
| 4 tsp mild curry powder |  |
| 1 tbsp mango chutney |  |

\*Serve with rice, couscous, jacket potatoes or wholemeal bread