

Mac Ragu



Serves	Prep Time	Cooking	Total Time	Calories
5 people	10 minutes	40 minutes	50 minutes	495 kcal

Stuff that's in it:

- 1 Tbsp Extra Virgin Olive Oil
- 1 Onion , Chopped
- 2 Carrots (Chopped)
- 1 Pack Chestnut Mushrooms (Sliced)
- 1 Large Courgette (Chopped)
- 3 Garlic Cloves (Chopped)
- 3 Bell Peppers (Tri Coloured)
- 1 Pack Cherry Tomatoes (Sliced)
- 500G Mince Beef (5% Fat)
- 1 Tbsp Italian Herbs (Dried)
- 1 Tbsp Fresh Basil (Torn)
- 2 Tbsp Tomato Puree
- 1 Can Chopped Tomatoes
- 1 Rich Beef Stock Cube
- 300G Elbow Macaroni (Dried)
- 60G Red Leicester Cheese (Grated)

What you do:

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If you want to use the oven to melt the cheese, pre heat to 200c, otherwise just leave the lid on once added as it won't take long for it to naturally melt.

Heat a large casserole dish or pan, add the oil and cook the onion and carrot for a few minutes until softened. Add the mushrooms and courgette and cook for another few minutes then add the peppers and cook for a minute, add the garlic and tomatoes and fry for another 30 seconds before adding the minced meat and Italian herbs and fresh torn basil.

Break up the large chunks of meat and cook until browned all over. Add the tomato puree and tinned tomatoes and fill the can with water , add the stock cube and mix everything together.

Bring to boil then add the lid and simmer for 10 minutes to soften everything. Remove the lid and allow to cook for another 10-15 minutes on high so it reduces the liquid.

Stir now and again so it doesn't catch the bottom.

While it's reducing, cook the pasta until it's al dente, it should take around 11 minutes in a pan of hot water, use. Spoon to break up the pasta so it doesn't stick together, drain and cool slightly before adding.

Remove the mince off the heat and add the soft pasta and mix into the sauce, add cheese and sliced tomato and a little basil and either place in a hot oven for 10 minutes or simply add the lid and allow to melt naturally.

Nutrition

- Carbs: 58g
- Fat: 13g
- Protein: 36g
- Fibre: 5g
- Saturated Fat: 5g