THE TIMES

Skinny spag bol



Skinny spag bol Romas Foord

Mimi Spencer

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Cooking oil spray

Serves 4; 180 calories per serving

400g lean minced beef
1 large onion, diced
1 garlic clove, crushed
1 celery stick, diced
1 red pepper, diced
200g mushrooms, chopped
½ tsp mixed herbs
1 tsp mixed spice
400g tin cherry tomatoes
3 tbsp tomato purée
1 courgette, diced
200ml beef stock, or boiling water with an Oxo cube
1 tsp Marmite
Salt and pepper

1 Spray a large pan with a little oil, then fry off the meat until browned and set aside in a

separate bowl. This is an important stage as the sugars from the meat will lend flavour.

- **2** Add onion, garlic, celery and pepper to the pan and cook gently for 2-3 minutes until softened. Add mushrooms, herbs, mixed spice, tomatoes and tomato purée and cook for a further 3 minutes. Add browned mince and courgette, with the stock and Marmite.
- **3** Cover and simmer, stirring occasionally, for 30 minutes longer if possible, to enrich the sauce. Check seasoning and serve.

Fast Cook by Mimi Spencer is published by Short Books, and is available from the Times Bookshop for £8.99 (RRP £9.99), free p&p, on 0845 2712134; timesbooks.co.uk

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