

Skinny spag bol



Skinny spag bol Romas Foord

Mimi Spencer

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Serves 4; 180 calories per serving

Cooking oil spray
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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