



Spaghetti sauce



Serves 4



40 mins

Recipe by Heywire Tamar Valley winner [Charlotte](#)

INGREDIENTS

Sauce:

- 1 onion, chopped finely
- 500g good fat free mince
- 1 tablespoon / 3 cloves crushed garlic
- 2 tablespoons tomato paste
- 1 jar / 700ml passata (homemade if possible, or store bought)
- Fair bit of chopped parsley
- Water to cover (about 500ml)
- Olive oil

To serve:

- Pasta (our family prefers rigatoni, but use whichever type you like)
- Parmesan
- Garlic bread
- Salad

DIRECTIONS

1. Heat a little bit of oil in a pot. Put the onion in and brown for a little bit, then add the mince and cook it until it's a bit brown.
2. Put in the tomato paste and let it cook for a little bit, then add garlic to your taste.
3. Pour passata in and cook for a couple of minutes, until it starts to bubble.
4. Add about 500ml of water. Add chopped parsley, salt and pepper to taste.
5. Simmer for about 30 minutes and it's done.
6. While the sauce is simmering, bring water to the boil in a big pot, then add rigatoni pasta or the pasta of your choice. Cook until al dente.
7. Drain the pasta, then put it back into the empty pasta pot, add the sauce and mix to combine – that makes the pasta taste really good.
8. Plate up your pasta and top with Parmesan or grated cheeses of your choice. Serve with rolls with garlic butter, warmed in the oven until crunchy, and a nice fresh salad.



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