

Shopping List

Spaghetti Bolognese by **#FitBrits**

- 500g Beef Mince
- x1 Onion
- Garlic (x2 cloves)
- Bacon (x4 rashers)
- x1 Carrot
- Celery (x1 stalk)
- Tomato Puree (1 tbsp)
- Red Wine (150ml)
- x2 Tin Chopped Tomatoes
- Oregano (x2 tbsp)
- Ground Nutmeg (pinch)
- Beef Stock Cube (x1)
- Oil (to fry)
- Salt & Pepper
- Spaghetti (to serve)

Other Items