

# Spaghetti Bolognese Recipe

1. Slice onion
2. Fry in oil
3. a. Crush garlic  
b. Wash & slice peppers
4. Add to oil & onion
5. Stir in spices – pepper, oregano, basil, marjoram
6. Fry until a golden colour (almost brown)
7. Stir in mince & cook for 5 minutes
8. Add tomatoes (if not chopped, chop them) & cook for a further 5 minutes

At the same time:

1. Put 1 pint [500ml] of water into a pan and bring to the boil
2. Carefully feed the spaghetti into the boiling water
3. Simmer for 15 minutes
4. Drain

Put the spaghetti on the plate followed by the bolognese sauce.

**Eat it!**