



One Pan Pasta Bolognese

INGREDIENTS

1 medium onion, finely chopped
250g/9oz beef mince, any type
400g tin green lentils, drained
400g tin chopped tomatoes
250g/9oz dried penne pasta, or any pasta shapes
1 beef stock cube
3 tbsp tomato ketchup
½ tsp dried mixed herbs
75g/2½oz cheddar, finely grated
salt and freshly ground black pepper

1. Put the onion and mince in a wide-based saucepan, deep frying pan or sauté pan and fry for 5 minutes over a medium-high heat, stirring and squishing the beef to break up the mince. (There is no need to add oil unless your mince is extra lean.)
 2. Add the lentils, tomatoes and 700ml/1¼ pint water to the pan.
3. Stir in the pasta, crumble over the stock cube and add the tomato ketchup and mixed herbs. Season with lots of ground black pepper.
4. Cover with a lid and bring to the boil, then reduce the heat and simmer for 18–20 minutes, or until the pasta is tender and the sauce has thickened, stirring occasionally. Stir more towards the end of the cooking time so the pasta doesn't stick. (You may need to remove the lid to allow the sauce to simmer uncovered if the liquid needs to reduce a little more at the end.) Season to taste with salt and pepper.
5. Serve just as it is with cheese sprinkled on top, or transfer to an ovenproof dish, sprinkle with half the cheese and pop under a hot grill for 3–5 minutes or until the cheese melts. Serve the rest of the cheese separately or keep for another meal.