

## Spaghetti Bolognese

• Serves: 4 • Prep Time: 15 minutes  
• Cook Time: 50 minutes



### Ingredients

- 1 tsp Butter
- 500g Browned Mince with 300g cooked Vegetables
- 200ml Water
- 1 heaped tbsp Flour
- 1 tsp Gravy Granules
- 1 tsp Dried Oregano
- 1 tsp Dried Basil
- ¼ tsp Ground Black Pepper
- 2 tins Chunky Chopped Tomatoes with Herbs
- 1 pack Spaghetti

### Method

1. Add 200ml water to the browned mince and vegetable mixture, bring to the boil and reduce heat.
2. Stir in flour, gravy granules, black pepper, herbs and tinned tomatoes. Bring to boil and simmer gently for 30 minutes, stirring occasionally.
3. Cook the pasta according to the pack instructions and serve the Bolognese sauce over the top with a sprinkling of parmesan cheese (optional).

## Lasagne

• Serves: 4 • Prep Time: 30 minutes  
• Cook Time: 45 minutes



### Ingredients

- 25g Butter
- 25g Flour
- 250ml warm Milk
- 125g Cheddar Cheese, grated
- 500g Browned Mince with 300g cooked Vegetables
- 1 jar Pasta Sauce
- 300g Lasagne sheets (store cupboard item)

### Method

1. Pre-heat the oven to 350°F/180°C/Gas Mark 4.
2. Start by making your cheese sauce. Put 25g butter and 25g flour in a saucepan over a medium heat and cook, stirring, for 5 mins. Gradually add 250ml warm milk in three steps, stirring all the time. Finally add 75g cheddar cheese to the mix and allow to melt.
3. Gently re-heat the prepared browned mince with cooked vegetables together. When they are piping hot, add the pasta sauce and stir until hot.
4. Now start layering your lasagne in a shallow baking dish. First a layer of the meat mix, then a layer of lasagne sheets followed by a layer of cheese sauce. Repeat and sprinkle over the remaining 50g cheese at the end. Take care not to overlap the lasagne sheets or they will not cook through.
5. Bake in the oven for 45 minutes.

## Meatballs with Tomato Sauce

• Serves: 4 • Prep Time: less than 30 minutes  
• Cook Time: 10-30 minutes



### For the Meatballs

- 2 tbsp Olive Oil
- 150g Onion, finely chopped
- 800g Minced Beef
- 1 Egg, beaten
- Salt and pepper
- 3 tbsp Olive Oil for cooking meatballs

### For the Tomato Sauce

- 110g Onion, sliced
- 1 Garlic Clove, crushed
- 1 tbsp Olive Oil
- 150g grated Irish Cheddar
- 1 tsp Sugar
- Salt and Pepper
- 2 x 400g Chunky Chopped Tomatoes with Herbs

### Method

1. Heat two tablespoons of olive and gently fry the onions and garlic until soft and a little golden and allow to cool.
2. Mix together the minced beef with the cold onions and garlic, add in the herbs and beaten egg and season to taste, fry a very small bit in some oil and taste, then roll in to approximately 24 round balls, cover and refrigerate until required.
3. To make the sauce, heat the olive oil add the onion and garlic, cover and sweat until pale and translucent. Add the canned chopped tomatoes with their juice to the mixture, add in the sugar and seasoning to taste and cook uncovered for approximately 30 minutes. While this is cooking, you can cook the meatballs.
4. Heat the oil and cook the meatballs for about 10 minutes or so. When ready, place in an oven proof dish, cover with the sauce, topped with the grated cheddar and place under a pre-heated grill until the cheese has melted.
5. Serve on top of spaghetti.

## Cottage Pie

• Serves: 4 • Prep Time: 20 minutes  
• Cook Time: 45 minutes



### Ingredients

- 500g Browned Mince with 300g cooked Vegetables
- 1 tbsp Flour
- 2 tbsp Gravy Granules
- 1 tsp Dried Thyme (optional)
- 200g frozen Mixed Vegetables
- 300ml Water
- 50g grated Cheddar Cheese
- 700g Potatoes

### Method

1. Preheat oven to 170°C/325°F/Gas Mark 3.
2. Gently re-heat the prepared browned mince with cooked vegetables together. When they are piping hot, add 1 tablespoon flour, 2 tablespoons gravy granules, 1 tablespoon dried thyme and cook for a further 3 minutes, stirring all the time.
3. Add in the frozen vegetables and water, stir to mix well.
4. Pour the mixture into a baking dish and top with a layer of cooked mashed potatoes. Sprinkle on the grated cheddar cheese. Bake in a pre-heated oven for 45 minutes.



Carrots



Mixed Vegetables

Celery



Irish Beef Mince Family Pack



Onions



Flour



Mild Red Grated Cheddar Cheese



Pure Irish Creamery Butter



Gravy Granules



Irish Fresh Milk



Potatoes

Premium Pasta Sauce



Omega 3 Medium Free Range Eggs



Chunky Chopped Tomatoes with Herbs



Garlic



Spaghetti