



## **Pork Ragu served with fresh spaghetti and a mixed green salad**

**Serves: 4**

- Lean minced pork
- Lean dry cured bacon
- Garlic
- Onion
- Carrot
- Courgette
- Can chopped tomatoes
- Tomato or sun-dried tomato puree
- Sun-dried tomatoes
- Parmesan cheese
- Fresh basil for garnish

Place 450g (1lb) lean minced pork, 3 rashers lean dry cured bacon, chopped, 2 cloves garlic, crushed, and 1 onion, finely chopped, in a nonstick saucepan over a low heat and cook until some juices run out.

Increase the heat and cook the meat for 4-6 minutes or until browned. If you do not have a non-stick saucepan use 5ml (1tsp) oil. Add 1 carrot, finely chopped, and 1 courgette, sliced, cook for 1-2 minutes. Add 400g (approx) can chopped tomatoes, 30ml (2tbsp) tomato or sun-dried tomato puree, 8 sun-dried tomatoes, chopped, and bring to the boil and simmer for approximately 25 minutes.

Serve with fresh spaghetti, Parmesan shavings and fresh basil, roughly torn and a mixed green salad, drizzled with your favourite dressing.

To make more child friendly you could take out the basil and sun-dried tomatoes and add canned sweet corn.