

MINTY LAMB BOLOGNESE

- 1 tbsp. olive oil
- 1 red onion, finely diced
- 1 stick of celery, finely diced
- 2 carrots, peeled, grated then chopped up finely
- 500g lamb mince
- 2 large cloves of garlic, grated/crushed
- 1.5 tbsp. mint sauce
- 1.5 tbsp. red pesto
- 1 tbsp. tomato puree
- 2 tsp paprika
- 1 tbsp lamb bouillon or lamb gravy granules
- 1 large glass of red wine
- 2 springs of rosemary
- 1 tsp. dried oregano
- 400ml tin of chopped tomatoes
- 1 tsp soft brown sugar

Method

- Heat the olive oil, add the onion, celery and carrot and sauté until soft.
- Add the mince and brown, then add the garlic and cook for a minute more.
- Add the mint sauce, pesto, tomato puree and oregano; mix well.
- Add the lamb bouillon, red wine and rosemary and reduce for a few minutes.
- Pour in the tin tomatoes and add the sugar, season well and simmer for about 30 minutes.
- Serve with spaghetti, Parmesan and a drizzle of extra virgin olive oil.