

“Instant” Spaghetti Bolognese

Notes:

This cannot be claimed to be great cooking, but it is a satisfying dish which takes less time to prepare than to eat: a particularly valuable feature for a single person. It would be fair to point out that the term “instant” is really only applicable to a single serving prepared from fresh mince. Larger quantities, or mince which has been kept in the refrigerator or freezer, will inevitably take longer.

Ingredients:

For 1 person

150g minced beef

200g (half a large jar) Carrefour Sauce Provençale

40g 3 minute spaghetti

Method:

Put a plate, or plates, to warm. Put a small quantity of oil in a small saucepan, and fry the beef for about 3 minutes. While it is frying, put the spaghetti into boiling water. Add the Provençale sauce to the beef in the saucepan and bring to the boil. Strain the spaghetti and put on the warmed plate, and pour the Bolognese sauce over it. Serve.

Total time from start to serving (one person quantity), 5 minutes.