

# PORK RAGÙ

**Feeds:** 4  
**Time to cook:** About 30 mins

## Take

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



## Make

Place **450g (1lb) lean minced pork**, **3 rashers lean dry cured bacon**, chopped, **2 cloves garlic**, crushed, and **1 onion**, finely chopped, in a non-stick 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 purée**, **8 sun-dried tomatoes**, chopped, and bring to the boil and simmer for approximately 25 minutes.

## Eat

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

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