**Bolognese**

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* 1 tbsp of Olive Oil
* 1 Red Onion
* 2 Carrots
* 2 Sticks of Celery
* 4 Cloves of Garlic
* 500g of 5% Fat Minced Beef
* 8 tsp of Oregano
* 4 tsp of Rosemary
* 4 tsp of Onion Salt
* 4 tsp of Garlic Salt
* 300ml of Water
* 300ml of Passata or Chopped Tomatoes
* 50ml of Milk
* 1 tbsp of Tomato Puree
* 1 Beef Stock Cube
* 70g of 70% Cocoa Chocolate
* 1 tsp of Balsamic Vinegar
* 30g of Parmesan
* Fresh Basil