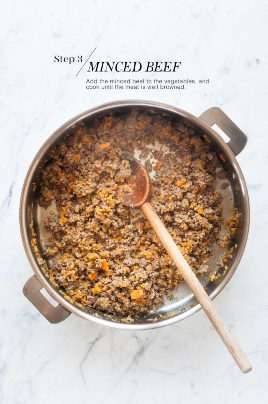


1. In a saucepan, heat the mince on a low heat until the fat starts to grease the pan.



1. Add the chopped onion, garlic, herbs and salt and pepper to the pan. Stir continuously until the mince is browned.



1. Add the chopped tomatoes and stir.



1. Reduce the heat and simmer.



1. Allow to cook for about 15 minutes stirring regularly.



1. Boil salted water in another saucepan for your spaghetti. Simmer until tender (12 mins).
2. Drain spaghetti and pour the meat and tomato mixture on top.