

Spaghetti bolognese



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Serves: 4
Preparation time: 10 minutes
Cook time: 30 minutes

Ingredients

- 1 tbsp olive oil
- 1 brown onion, diced
- 400 g lean beef mince
- 1 carrot, grated
- 1 zucchini, grated
- ¾ cup button mushrooms, thinly sliced
- 700 g jar passata
- ¼ cup basil leaves, chopped
- 300-400 g dry wholemeal spaghetti, cooked as per packet instructions
- Grated parmesan to serve
- 1 ½ cups iceberg lettuce leaves, chopped
- 10 cherry tomatoes, halved
- ½ Lebanese cucumber, cut lengthways then sliced thinly

Method

1. Heat oil in a large pan over medium heat, add onion and sauté onion until fragrant and soft.
2. Add beef mince and cook through. Place carrot, zucchini and mushrooms in pan and cook for a further 2-3 minutes.
3. Pour passata into pan and stir through. Simmer for 20 minutes, stirring occasionally.
4. Once sauce is ready, add cooked pasta to sauce and stir to combine. Add basil and stir through.
5. Serve on plate (using ½ of the plate) and top with parmesan. Fill the other ½ plate with lettuce, tomato and cucumber. Drizzle salad with lemon juice if desired.



Alternatives

- add in red capsicum
- replace mince with uncooked brown lentils
- try swapping iceberg lettuce for baby spinach