

Recipe Card



Bold Bolognese

Ingredients

-  1 tbsp olive oil
-  1 brown onion, finely chopped
-  1 carrot, finely chopped
-  1 celery stick, finely chopped
-  1 small eggplant, roughly chopped
-  1 zucchini, roughly chopped
-  1 cup of mushrooms, sliced
-  1 tbsp minced garlic
-  **500g** lean beef mince
-  $\frac{1}{3}$ cup tomato paste
-  **2x 400g** cans diced tomatoes
-  1 tsp oregano and basil (italian herb mix)
-  Large pinch ground nutmeg
-  **500g** thin wholemeal spaghetti
-  Fresh basil leaves (optional, to serve)
-  Parmesan cheese, shaved (optional, to serve)

Equipment List

- Stove
- Sharp knife
- 2 large saucepans
- Stirring spoon
- Ladle
- Chopping board
- Strainer
- Measuring spoons
- Measuring cups
- Can opener



Preparation
15 mins



Cooking
45 mins

Servings
6



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Method

- 1 Heat oil in a large saucepan over medium-high heat.
- 2 Sautee onions and garlic, until soft.
- 3 Cook all the vegetables, for 5 minutes or until softened.
- 4 Add mince, breaking it up with a stirring spoon, for 6 to 8 minutes or until browned.
- 5 Add paste, tomatoes, oregano, basil, nutmeg and 1/2 cup water. Bring to boil.
- 6 Reduce heat to low. Simmer, uncovered, for 20 to 30 minutes or until thick.
- 7 Season with salt and pepper.
- 8 Meanwhile, cook pasta in a large saucepan of boiling, salted water, following packet directions.
- 9 Serve pasta with sauce on top and top with cheese and fresh basil (optional).

Additions

- Increase the fibre and save money - freeze half the mince meat and replace with a can of lentils/mixed beans
- Vegetarian - try lentils and mixed beans instead or a plant based mince (eg. textured vegetable protein) and complement protein with the pasta and legumes
- Pasta + Legumes = complete protein
- Change up the pasta - try vegetable or lentil pasta
- Try different meat like pork or kangaroo mince
- Add all the vegetables you like - try pumpkin, mushroom and broccoli
- Mix up the flavour - use fresh or dried herbs or chilli
- Mix up the cheeses - try bocconcini or fresh parmesan
- Cook an individual pasta serve for that meal and freeze the rest of the bolognese sauce for another time
- Use the rest of bolognese sauce as a left over in a wrap, with nachos, in lasagna, baked potatoes, stuffed capsicum, parmigiana or on toast with cheese



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Nutrition Information

Approx. per serve

Energy	1500kJ
Protein	26g
Total fat	12g
Saturated fat	4g
Carbohydrate	30g
Fibre	10g
Sodium	125mg