

Spaghetti Bolognese

Serves: 6

Prep time: 15 minutes

Cook time: 35 minutes



2 ½ serves per portion

Ingredients

1 tablespoon olive oil

1 brown onion, finely chopped

2 garlic cloves, finely chopped

500g lean beef mince

1 teaspoon paprika

1 tablespoon dried oregano

1 teaspoon vegetable stock powder

Black pepper, to taste

2 tablespoons tomato paste

1 zucchini, grated

1 carrot, grated

2 x 400g cans diced tomatoes

500g dried spaghetti

½ cup parmesan, grated

Method

HEAT oil in a frypan over medium heat. Add onion and garlic and cook, stirring for about 5 minutes or until softened.

ADD beef mince, paprika, oregano, vegetable stock, black pepper and tomato paste and fry until mince has browned, about 5 minutes.

STIR in zucchini, carrot and canned tomato.

BRING to a boil then reduce heat to a simmer. Cook for 20 minutes or until sauce has thickened.

BRING a pot of water to the boil then add spaghetti. Cook for 12 minutes or according to packet instructions. Drain.

SERVE pasta with bolognese mince, topped with a sprinkle of parmesan cheese.



Everyday Food

Recipe courtesy of the Country Kitchens team