

Spaghetti Bolognese

Serves: 5

Prep time: 15 minutes

Cook time: 35 minutes



2 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