

## HEALTHY SPAGHETTI BOLOGNESE

### RECIPE



☰ Prep: 5 mins  
🕒 Cook: 15 mins  
🍴 Serves: 4  
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#### Ingredients

- ▲ 400 g spaghetti or other pasta
- ▲ olive or canola oil spray
- ▲ 1 onion, finely diced
- ▲ 2 cloves garlic, crushed
- ▲ 500 g lean beef mince
- ▲ 2 celery, diced
- ▲ 2 carrots, grated
- ▲ 2 x 400 g can no-added-salt diced tomatoes
- ▲ 1/2 cup reduced-fat cheddar cheese
- ▲ green side salad, to serve

#### Method

1. Place spaghetti in a pot of boiling water on stove. Cook for 10 minutes.
2. Spray a frying pan with oil.
3. Gently cook onion and garlic until soft.
4. Spray frying pan with a little more oil and brown mince, breaking up with a wooden spoon.
5. Add in celery and carrot, reducing heat to medium, stirring constantly, for 3-5 minutes.
6. Once vegetables have cooked through add tomatoes to pan.
7. Stir over high heat for 5 minutes.
8. Once spaghetti is cooked, drain the water and serve onto a dinner plate.
9. Top spaghetti with a scoop of the meat bolognese sauce.
10. Sprinkle with cheese and serve with a garden salad.

**Variation:** Replace half the mince with a can of lentils to

reduce the cost and increase the veg.

**Serving Suggestion:** Serve with a garden salad.

#### Nutrition Information

	per serving	per 100g
Energy	2674 kJ	448 kJ
Protein	39 g	6 g
Fat, total	13 g	2 g
— saturated	6 g	1 g
Carbohydrate	85 g	14 g
— sugars	10 g	2 g
Sodium	869 mg	145 mg
Fibre	10 g	2 g