



SPAGHETTI BOLOGNESE

Aim: Comfort food, packing an iron hit!

Ingredients

- 1 tsp olive oil
- 200g onion, finely chopped
- 2 cloves garlic, finely chopped
- 600g peppers, chopped
- 300g mushrooms, chopped
- 600g 5% fat lean beef mince
- Stock cube
- 2 teaspoons dried mixed herbs
- Salt and pepper
- 1 large tablespoon tomato puree
- 2 x 400g tin chopped tomatoes
- 80g mature cheddar, grated
- 160g spaghetti

Directions

READY IN: 45 // SERVINGS: 4

1. Heat the oil in a deep saucepan over a medium-high heat, and saute the onion for 5-10 mins, until soft.
2. Add the garlic and saute for another 2-3 mins.
3. Add the peppers and mushrooms and saute for another 5 mins until the veg is soft.
4. Add the mince and continue to saute until the meat starts to brown.
5. Add the tomato puree, stock cube, mixed herbs, salt and pepper and stir until the meat and veg is coated.
6. Add the tins of tomatoes, stir and simmer over a low heat for approx. 15 mins until the sauce has reduced and a thick bolognese has formed.
7. Cook the spaghetti according to packet instructions.
8. Serve the Bolognese over the spaghetti. This will keep in the fridge for up to 5 days, and freezes well.

Variations to consider: Add more pasta for more carbs, or switch to courgetti for lower carbs. If you are not a fan of beef, turkey, pork, or quorn mince also works really well here!

CALORIES

513

CARBOHYDRATE

57

PROTEIN

47

FAT

11