

Healthy Eating - Recipe 3

SPAGHETTI BOLOGNESE

Ingredients:

- * canola spray (rapeseed/vegetable oil)
- * 500g extra lean minced beef
- * 1 onion, diced
- * 2 tbsp minced garlic (jar)
- * 2 tbsp tomato paste
- * 1 jar ready-made pasta sauce
- * 1 tin (400g) diced tomatoes
- * 1 cup sliced mushrooms
- * 1 tsp Italian herb mix
- * 2 small zucchini, grated
- * 1 carrot, grated
- * 3 tbsp parsley, chopped
- * 1/2 punnet cherry tomatoes, halved



Method:

- 1 - In a frying pan, spray a light spray of canola oil and fry minced beef until browned.
- 2 - Add garlic and onion and fry for 2 minutes.
- 3 - Add tomato paste and fry for a further 2 minutes.
- 4 - Add pasta sauce, mushrooms, carrot, zucchini and herb mix.
Cover and simmer for 20 minutes.
- 5 - Stir through cherry tomatoes and parsley and serve on cooked wholemeal pasta with a light shave of parmesan cheese.

Using lean meats and reducing the amount of oil in this spaghetti bolognese makes it a healthy alternative.

Adding extra vegetables helps it along nutritionally.

A little longer cooking time will help you get a better depth of flavour.

Enjoy!