

Spaghetti bolognese

Serves: 4 45 minutes



This tasty bolognese is loaded with veggies, providing 4 of your 5 a day in just one serving and 1/3 of your daily fibre requirements!

Ingredients

- 500g lean (5% fat) minced beef
- 1 x Onion finely chopped
- 2 x garlic cloves - peeled and finely chopped
- 2 x Carrots finely chopped
- 1 x red and 1 x yellow pepper finely chopped
- 150g Mushrooms finely chopped
- 2 x tin tomatoes
- 6 x Cherry tomatoes – halved
- 1-2 teaspoons mixed herbs
- 1 tablespoon tomato puree
- 200g dried Spaghetti (50g per person)

Method

1. Heat a large saucepan over a medium heat and add the minced beef. You shouldn't need to add oil as the beef will generate its own fat, however if sticking to the pan, try adding some low calorie spray oil / a splash of boiling water. Cook for 4-5 minutes or until browned all over
2. Add the onion, garlic, carrot, peppers and mushrooms to the pan and stir fry for 5-10 minutes until softened.
3. Add the tinned and cherry tomatoes to the pan alongside the herbs and tomato puree. Bring to the boil then reduce heat and simmer gently for 30 minutes or until the sauce is thickened. Season with salt and pepper to taste
4. Cook spaghetti in a pan of boiling water as per packet instructions then drain well. Split spaghetti into 4 portions and add Bolognese sauce on top

Nutritional information per serving:

456 Calories, 7g fat, 49g carbohydrate, 10g fibre, 38g protein, 0.3g salt

Extra tips:

- The spaghetti has been spread around the outside of the plate with a well in the middle in order to control the carbohydrate content. Try spirals of vegetables if you want to bulk this out further
- Try using whole wheat pasta for extra fibre
- Add any vegetables you like!
- To make this dish vegan / vegetarian, a plant based minced beef alternative can be used. Turkey mince can be used for a lower fat option.
- Avoid serving with extra carbohydrate such as garlic bread