

HEALTHY KIDS MENU



Approved Recipe

By Matt Golinski, celebrity chef and
Health and Wellbeing Queensland's
healthy food ambassador

'Fully Loaded' (with veggies) Spaghetti Bolognese

Most restaurants offer Spaghetti Bolognese as an option on kids menus, but they tend to be a mixture of mince and tomatoes served with pasta and cheese. This recipe incorporates lots of finely grated or diced vegetables and is cooked until they are barely noticeable. A great way to turn a kids' favourite into a sneakily healthy dinner.

10 kids serves

Ingredients

- 500gm beef mince
- 15ml vegetable or olive oil
- 1 onion, finely diced
- 1 clove garlic, crushed
- 2 carrots, grated
- 2 sticks celery, finely diced or grated
- 2 medium zucchinis, grated
- 100gm mushrooms, grated
- 400g grated pumpkin
- 100gm tomato paste
- 1 x 400gm tin crushed tomatoes
- 1 tsp salt
- 500gm spaghetti
- 200gm grated cheddar

Method

1. In a large heavy based pan fry the onion, garlic, carrot and celery in the oil until they are soft and the onion is translucent.
2. Add the mince and fry until cooked and beginning to colour.
3. Add the tomato paste and fry, stirring constantly for a couple of minutes.
4. Add the crushed tomatoes, mushrooms, pumpkin and zucchini and reduce the heat to very low.

5. Simmer very slowly for 1.5 – 2 hours, stirring occasionally and topping up with water as necessary to stop the Bolognese from drying out.
6. Bring a large saucepan of water to the boil and cook the pasta according to packet instructions.
7. Serve one tenth of the pasta (approx. 100gm) with one tenth of the Bolognese (approx. 100gm)

For more great recipes go to www.hw.qld.gov.au/recipes.



Dragon colouring credit: Aluna Bennie Golinski.

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