

'Fully loaded' Spaghetti Bolognese



Recipe credit: Recipe created by Matt Golinski, celebrity chef and Health and Wellbeing's healthy food ambassador.

This recipe has lots of finely grated or diced veggies, providing a great way to turn a kids' favourite into a sneakily healthy dinner.

Serves: 10 kids

Ingredients

500g 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
400g pumpkin, grated
100g mushrooms, grated
100g tomato paste

Method

1. In a large heavy based pan, fry onion, garlic, carrot and celery in oil until soft and the onion is translucent.
2. Add mince and fry until cooked and beginning to colour.
3. Add tomato paste and fry, stirring constantly for a couple of minutes.
4. Add the crushed tomatoes, pumpkin, mushrooms 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 with 20g of cheese.

Nutrition information

Per serve: 1744kJ; 24.6g protein; 13.6g fat; 46.6g Carbohydrate; 508mg Sodium; 4.3g fibre.

Per 100g, 564kJ; 8g protein; 4.4g fat; 15g Carbohydrate; 164mg Sodium; 1.4g fibre.

Tips and hints:

- Consider freezing half the batch for future dinners

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