

## SPAGHETTI BOLOGNESE (SERVES 2)

## ALTERNATIVES (GLUTEN FREE G.F. MEAT FREE M.F. LACTOSE FREE L.F.)

- 3/4 tbsp olive oil
- 1 tsp garlic *minced*
- 1/2 onion
- 1 carrot
- 1 zucchini
- 250g beef mince (Lentils, Meat-Free mince, TVP- MF)
- 1 cups of beef stock (Vegetable Stock- MF)
- 400g can crushed tomato
- 1 tbsp tomato paste
- 1 tsp Worcestershire sauce (G.F Worcestershire sauce- G.F)
- 1 dried bay leaves
- 1/4 tsp dried Italian herbs
- 1/3 tsp salt
- 1/4 tsp black pepper
- 200 g spaghetti (G.F pasta- G.F)
- Parmesan cheese or tasty cheese to serve (Vegan Cheese-L.F)

### **Equipment:**

- Large Saucepan/ Pot (2 if using lentils)
- Deep Fry Pan/ Skillet or Large Saucepan/ Pot
- Chopping Board
- Sharp Knife
- Strainer- not essential
- Cheese grater- not essential

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### Method:

- 1. Prepare ingredients for recipe. Onion diced to desired width, carrot peeled and grated and zucchini grated.
- 2. Heat oil in a large pot or deep frypan/ skillet over medium high heat. Add onion and garlic, cook for 3 minutes or until light golden and softened.
- 3. Add zucchini and carrot and cook for 1 minute or until softened.
- 4. Turn heat up to high and add beef. Cook, breaking it up as your go, until browned.
- 5. Add the remaining ingredients. Stir, bring to a simmer then turn down to medium so it bubbles gently. Cook for 20 30 minutes (no lid), adding water if the sauce gets too thick for your taste. Stir occasionally.
- 6. Bring a large pot of salted water to boil. Add pasta and cook per packet directions. When cooked, drain water from pot and set spaghetti aside to be served.

OPTIONAL: Mix cooked spaghetti in with Bolognese sauce mixture.

- 7. Slow simmer option: really takes this to another level, if you have the time! Add 3/4 cup of water, cover with lid and simmer on very low for 2 2.5 hours, stirring every 30 minutes or so. Uncover, simmer 20 minutes to thicken sauce.
- 8. Taste and add more salt it desired. Serve over spaghetti and add cheese on top to preference.

### **Nutritional Tips:**

- Replace half the beef mince with canned lentils for a cheaper, higher-fibre meal.
- Adding spinach to warm meals increases nutrition without changing the flavour.
- Use low-fat cheese or nutritional yeast for a healthier alternative.
- Mix in 1–2 cups of frozen vegetables for extra nutrients at a low cost.

### Storage Information:

# in the fridge:

• Storage time: 3 to 4 days

- How to store:
  - Let it **cool completely** before refrigerating.
  - Store in an airtight container you can keep the pasta and sauce together or separate (separating keeps the pasta from getting too soft).
  - Reheat on the stovetop or in the microwave until hot.

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## # In the freezer:

• Storage time: Up to 3 months

## • Best practice:

- You can freeze the **sauce and pasta together**, but for better texture, freeze them **separately** if possible.
- o Use freezer-safe containers or zip-top bags.
- Label with the date.

## • Reheating:

- o Thaw overnight in the fridge, then reheat on the stove or in the microwave.
- If reheating from frozen, microwave in short intervals or bake at 175°C covered until hot throughout.

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# Nutrition Information: Serving: 1 serve (396g)

Serving Size: 1 serving	
e Quantity Serving	%Daily Intake
07.8 kJ	43 %
43.7 g	87 %
32.4 g	46 %
13.4 g	56 %
98.1 g	32 %
17.4 g	
0 g	
0 g	
65.2 g	
13.4 g	45 %
76.7 mg	60 %
17.2 mg	
32.3 µg	
'0.1 mg	
11 mg	
based on an	average adult diet
ba	

Australia/NZ Label ▼

# Recipe Credit:

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https://www.recipetineats.com/spaghetti-bolognese/

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