



SPAGHETTI BOLOGNESE

WITH EXTRA VEGGIES!

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 25 minutes

Spaghetti bolognese is such a classic recipe - it seems almost too basic to feature in one of the weekly menus! This version is my everyday recipe with a few extra veggies thrown in.



SPAGHETTI BOLOGNESE

- 1 brown onion
- 2 cloves garlic
- 1 tsp olive oil
- 550g beef mince (1lb 3oz)
- 2 beef stock cubes
- 1 Tbsp tomato paste
- 1/2 Tbsp Worcestershire sauce
- 2 tsp brown sugar
- 1 tsp dried oregano
- 700g tomato passata (1lb 9oz)
- 1 cup frozen chuckwagon corn mix (125g)
- 300g dried spaghetti (10.6oz)

TO SERVE

- 1/2 cup finely grated parmesan (45g)
- 60g Mediterranean or baby rocket (2.1oz)
- 2 tsp olive oil

1. MAKE SPAGHETTI BOLOGNESE

Finely dice onion and crush garlic. Heat oil in a large non-stick pot on medium-high. Add onion and garlic and cook for 2-3 minutes, until soft. Stir in mince, breaking up into small pieces, and cook until browned all over.

2. Crumble in stock cubes and stir in tomato paste, Worcestershire sauce, sugar and oregano. Cook for 1 minute. Stir in passata, then add frozen veggies and simmer mixture for 10-15 minutes.

3. Meanwhile, bring a large pot of salted water to the boil. Add spaghetti and cook for 10 minutes (or according to instructions on packet), until al dente.

4. Season bolognese with salt and pepper to taste.

5. Reserve 1/2 cup pasta water, drain spaghetti, then add to bolognese with reserved pasta water. Toss until well-combined.

6. SERVE

Divide spaghetti bolognese between serving bowls. Top with cheese and place a handful of rocket on the side. Drizzle rocket with olive oil.



WINE MATCH: A Sangiovese is nice.

SPAGHETTI BOLOGNESE RECIPE NOTES

GLUTEN-FREE OPTION: Use gluten-free stock cubes. Make sure Worcestershire sauce is gluten-free (or replace with 1 tsp gluten-free Vegemite). Swap regular spaghetti for gluten-free spaghetti.

INGREDIENT SWAPS / NOTES: Use half beef mince and half pork mince for a more authentic spaghetti bolognese. I used Italian herbs flavoured passata. You can omit the frozen veggies - they are definitely not a traditional addition, I just wanted to add some extra nutrients! For a healthier spaghetti option, try "pulse spaghetti" (I tried this and found it was ok when the spaghetti was eaten fresh, but went too mushy on reheating). Wholemeal spaghetti is a good alternative too.

STORING AND REHEATING: Store individual portions in containers in the fridge and reheat in the microwave. Store rocket separately and add just before serving.