

# Veggie Loaded Spaghetti Bolognaise

OSHC

## Ingredients

- 2 tablespoons olive oil
- 2 brown onions, peeled and finely diced (500g)
- 4 carrots, grated (500g)
- 2 large zucchinis, grated (500g)
- 1 tablespoon crushed garlic
- 1.5kg lean beef mince
- ¼ cup tomato paste
- 700g passata
- 2 x 400g cans diced tomatoes
- 2 teaspoons Worcestershire sauce
- 2 tablespoons dried oregano or mixed herbs
- 1kg dry spaghetti
- 250g shredded tasty cheese

**Serves:** 20

**Prep Time:** 20 mins

**Cook Time:** 75 mins



## Method

1. Prepare all ingredients before starting to cook.
2. In a large pot, heat oil over a medium heat. Sauté the finely diced onion, grated carrot, grated zucchini and crushed garlic for 10 minutes until softened, stirring occasionally.
3. Add the lean beef mince and break up with a spoon. Cook until browned.
4. Add the tomato paste, passata, diced tomatoes, Worcestershire sauce and dried oregano to the pot. Stir all ingredients together. Bring to a simmer, cover and allow to cook for 45 minutes to 1 hour, stirring occasionally, until the bolognaise mixture has thickened.
5. Prepare the spaghetti as per packet instructions.
6. Once the pasta is cooked, reserve some pasta water and drain. Add some pasta water to the bolognaise sauce and mix through, this will help the sauce to stick to the pasta. It can also be used to loosen the spaghetti after being drained, if required.
7. Serve the cooked pasta and bolognaise sauce with a sprinkle of shredded tasty cheese.

### Recipe Notes:

For a smoother sauce, puree all vegetables in step 2 after cooking and before adding the mince. Puree with a stick blender. This recipe could be served with fresh herbs for extra flavour, such as chopped parsley or basil.

Food Group	Serves per portion
Vegetables	2
Fruit	0
Grain foods	1.5
Lean meat and alternatives	0.75
Milk, yoghurt and cheese	0.3