

Veggie Loaded Spaghetti Bolognaise

Food Foundations

Ingredients

- 2 tbsp vegetable oil
- 2 brown onions, finely diced (500g)
- 4 carrots, grated (500g)
- 2 large zucchini, grated (500g)
- 1 tbsp crushed garlic
- 1.5kg lean beef mince
- 700g passata
- 2 x 400g tin diced tomatoes
- ¼ cup tomato paste
- 2 tsp Worcestershire sauce
- 2 tbsp 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 onion, carrot, zucchini and garlic for 10 minutes until softened, stirring occasionally.
3. Add the mince and break up with a spoon. Cook until browned.
4. Add passata, tinned tomatoes, tomato paste, Worcestershire sauce, and oregano to the pot and stir all ingredients together. Bring to a simmer, cover and allow to cook for 45min-1hr, stirring occasionally, until bolognaise mixture has thickened.
5. Prepare spaghetti as per packet instructions.
6. Once pasta is cooked, reserve some pasta water to mix through the bolognaise sauce, this will help the sauce to stick to the pasta. It can also be used to loosen the spaghetti after being drained.
7. Serve with a sprinkle of shredded tasty cheese.

Recipe Notes:

To hide the veggies in this recipe, puree all vegetables in step 2 after cooking and before adding the mince. Puree with a bar mix or in a blender. This recipe could be served with herbs for extra flavour – chopped parsley or basil

Food Group	Serves per recipe	Serves per portion
Vegetables	40	2
Fruit	0	0
Grain foods	30	1.5
Lean meat and alternatives	15	0.75
Milk, yoghurt and cheese	6	0.3