



SPAGHETTI BOLOGNESE

15 minutes

30 minutes

6 portions

INGREDIENTS

- 1 large onions, diced (150 g)
- 1 clove of garlic, diced (3 g)
- 2 tablespoons of olive oil, olive (27 g)
- 500 grams of lean beef mince,
- 1 tsp, Italian herb mix
- 800 grams of tomatoes, crushed, canned
- 1 zucchini, grated (323 g)
- 1 carrots, grated (72 g)
- 2 tbsps of tomato products, canned, paste, without salt added (32 g)
- 1/2 tsp, pepper, white (1 g)
- 500g pasta, spaghetti,
- 1 medium capsicum, diced (119 g)
- 1 cup, mushrooms, sliced (70 g)

COOKING METHOD

- 1° Heat oil in a medium-sized saucepan and then add onion and garlic.
- 2° Gently fry onion mixture for a few minutes over a low-medium heat.
- 3° Add mince, fry until brown.
- 4° Add herbs, tomatoes, vegetables, tomato paste and pepper.
- 5° Simmer over a low heat for at least 30 minutes.
- 6° Meanwhile, cook pasta according to instructions on packet. Drain.
- 7° Serve with a large spoon of sauce over the pasta in a bowl.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (433 g)	% DRI
ENERGY	159 kcal	691 kcal	35 %
FAT	8 g	33 g	50 %
FATTY ACIDS, TOTAL SATURATED	3 g	11 g	55 %
CHOLESTEROL	15 mg	65 mg	22 %
SODIUM	75 mg	326 mg	14 %
CARBOHYDRATE	18 g	79 g	26 %
SUGARS	3 g	13 g	—
FIBER	3 g	12 g	49 %
PROTEIN	6 g	28 g	—