



## Hidden Veg Spaghetti Bolognese

This twist on a classic dish a great way to get an extra portion of veg in, as well as being high in protein and vitamins! Perfect for kids and fussy eaters too!

### Nutritional Info

Calories: 562 kcal  
Carbohydrates: 98.6g  
Protein: 28.8g  
Fat: 4.7g

### Ingredients

- Onion
- Courgette
- Carrot
- Garlic
- Chopped Tomatoes
- Tomato puree
- Beef Mince
- Oregano
- Parmesan Cheese
- Spaghetti

### Your Pantry

- Olive Oil

### Allergens

[Gluten \(Pasta\)](#)

[Dairy \(Parmesan\)](#)


[Stock Cubes may contain traces of Egg, Soya & Mustard](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



# METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



## 1) Boil the kettle

## 2) Prepare the vegetables

Peel and finely chop the onions and garlic. Peel the carrot and finely grate. Finely grate the courgette.

## 3) Sauté the vegetables

Add a drizzle of oil to a saucepan and place on a medium heat. Add the onions and cook for 3-4 minutes or until softened and beginning to caramelise.

Add the garlic, courgette, and carrot and cook for a further 3 minutes or until the vegetables are cooked down

## 4) Cook the mince

Add the beef mince making sure to keep breaking it up with your wooden spoon or fork as you fry it. Once the meat is browned (ie. no more pink showing), you can add your chopped tomatoes, tomato puree, half the parmesan, and oregano. Add a little water if you prefer it more saucy.

Bring the bolognese to a simmer and allow to cook for 10-15 minutes while you prepare the pasta - the longer you cook bolognese, the better it tastes, so if you have extra time to spare, you can simmer for longer.

While the bolognese is cooking...

## 5) Cook the spaghetti

Add the spaghetti to a pan of boiling water and cook for 10-12 minutes or until cooked to your liking.

## 6) Plate the dish

Serve the bolognese on top of the pasta and garnish with the parmesan cheese.



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