



Turkey Bolognese With Wholewheat Spaghetti

Enjoy a twist on a classic with our Turkey Bolognese with Wholewheat Spaghetti. Lean turkey mince is simmered with tomatoes, smoked paprika, and oregano for a rich, comforting flavour, while wholewheat pasta adds a nutty depth and extra fibre. Balanced with tender vegetables and finished with parmesan, this dish is hearty, wholesome, and deeply satisfying.

Nutritional Info

Calories: 453 kcal
Carbohydrates: 47 g
Protein: 35 g
Fat: 13.5 g

Ingredients

- Turkey Mince
- Carrot
- Tomato puree
- Garlic clove
- Parmesan
- Shallot
- Wholewheat spaghetti
- Spice Mix
 - Smoked paprika
 - Dried Oregano
- Chopped Tomatoes

Your Pantry

- Olive Oil

Allergens

Wheat (Spaghetti)
Milk (Parmesan)

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.



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 shallots, carrot and garlic.

3) **Saute the vegetables**

Place a large non-stick frying pan or large saucepan on medium heat with a drizzle of oil. Once hot, add in your shallots, cooking for about 2-3 minutes until softening, then add the carrot and garlic. Cook, stirring frequently for about 5 minutes or until everything is softened and cooked down.

4) **Make the bolognese**

Add in the turkey mince and cook, stirring frequently until the mince is cooked through. Now add in the chopped tomatoes, spice mix, tomato puree and oregano. Stir well and bring to a simmer, cooking for a further ten minutes. While the bolognese cooks....

5) **Cook the pasta**

Add the pasta to a saucepan of boiling water and cook for about 10 minutes, or until cooked to your liking. Reserve some of the pasta water which can be added to your bolognese sauce if it's too thick.

6) **Serve the dish**

Lift the pasta into bowls and serve the bolognese over the top. Garnish with the grated parmesan and enjoy!



Fancy winning free DropChef in our weekly competition?!

To enter just share your delicious dinner on Instagram | **#DropChef**