

# SPAGHETTI BOLOGNAISE



4

Serves

\$1.81

Cost per serve

35 MIN













Total prep & cooking time



**WHY WE LOVE THIS RECIPE**  
A great way to add vegetables and lentils into an old favourite!

**FOOD WASTE TIP**  
Leftover sauce can be eaten in a burrito or on a potato the next day.

## INGREDIENTS

					
1 packet wholemeal pasta	2 tbsp. olive oil	1 onion, diced	2 cloves garlic, minced	1 cup diced/grated mixed vegetables (frozen, fresh, or tinned)	500g lean beef mince
					
2 tins lentils, drained & washed	2 tins diced tomatoes	1 tbsp. dried mixed herbs & 1 tsp. pepper	2 tbsp. balsamic vinegar	To serve: Low fat cheese, grated	To serve: Fresh parsley or basil, chopped

## STEPS



Add pasta to a large pot of boiling water. Stir through with a wooden spoon to prevent sticking and cook for 10-15 minutes, or until tender. Drain and set aside.



Heat the olive oil in a large saucepan on a medium-high heat. Add diced onion stirring for 5 minutes.



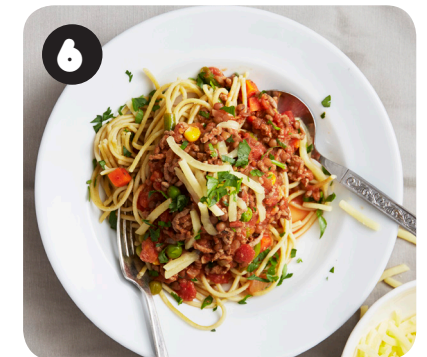
Add the garlic, dried mixed herbs, pepper and mince, stirring until mince is brown.



Add the mixed vegetables and lentils and stir well.



Add tinned tomatoes and balsamic vinegar and bring to the boil.



Serve the bolognese sauce with pasta and a sprinkle of low-fat, tasty cheese and chopped basil or parsley.