

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



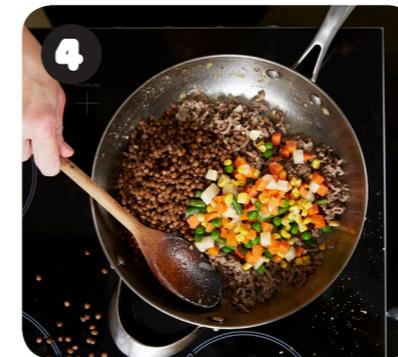
1 Add pasta to a large pot of boiling water. Stir through with a wooden spoon to prevent sticking and cook for 10-15 minutes, or until tender. Drain and set aside.



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



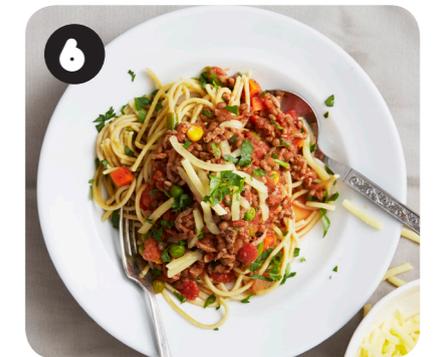
3 Add the garlic, dried mixed herbs, pepper and mince, stirring until mince is brown.



4 Add the mixed vegetables and lentils and stir well.



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



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

