



Spaghetti Bolognese
RECIPE

Spaghetti Bolognese



Cook 10 mins
Prep 5 mins
Makes 4 servings

The Italian Hero, the family favourite - Spaghetti Bolognese! The perfect dish for getting extra veg into family meals. This recipe adds an additional 7.5 serves of veggies for a family of four!

INGREDIENTS

- DOLMIO® Extra Bolognese Pasta Sauce 500 g
- 500g lean beef mince
- 2 carrots (200 g), peeled and finely diced
- 2 zucchinis (370 g) trimmed and finely diced
- 250 g of spaghetti

COOK'S TIPS

Try grating the carrot & zucchini for fussy eaters!

METHOD

1. Heat oil in a large frypan over a medium heat and brown 500 g of lean beef mince.
2. Add diced carrots and zucchini.
3. Stir through DOLMIO® sauce and simmer for 5-7 minutes, until veggies are cooked through.
4. Serve over freshly cooked pasta.
5. Try garnishing with shaved parmesan cheese.

MORE RECIPES LIKE THIS



Mexican Tortilla Lasagne

Cooking time

45 mins

Prep time

20 mins



One Pot Spicy Arrabbiata Linguine

Cooking time

15 mins

Prep time

5 mins



Seven Vegetable Pork Bolognese

Cooking time

30 mins

Prep time

20 mins



DOLMIO® Shepherds Pie

Cooking time

30 mins

Prep time

25 mins

Source URL: <https://www.dolmio.com.au/recipes/spaghetti-bolognese>