Seven Vegetable Pork Bolognese
RECIPE

Seven Vegetable Pork Bolognese

Cook	30 mins
Prep	20 mins
Makes	6 servings

The perfect dish for getting lots of vegetables into the family meals. Chop the veg very fine if you have picky eaters!

INGREDIENTS

- 2 tbsp olive oil
- 2 onions, peeled and finely chopped
- 2 sticks of celery, finely chopped
- 2 carrots, peeled topped and tailed, and finely chopped
- 2 red capsicums, deseeded and finely chopped
- 2 zucchinis, topped and tailed, and finely chopped
- 300 g mushrooms, finely chopped
- 300 g sweet potato, peeled and grated
- 300 g pork mince
- DOLMIO® Extra Bolognese Tomato Pasta Sauce 500 g
- 1 tsp Promite/Vegemite
- 3 tsp freshly ground black pepper

COOK'S TIPS

1. SAVE: Replace the pork with your favourite plant based mince alternative. Or for something different, try with lentils. (Add a litre of vegetable stock if you do this).
2. EXPERIMENT: Use this Bolognese to make a shepherd's pie instead of classic mashed potato, top with pureed swede, parsnip and carrot.
3. EVEN HEALTHIER: Serve over cauliflower rice (cauliflower blitzed in a food processor, tossed in a drizzle of olive oil and roasted in a hot oven (200°C/fan 180°C) for 12 minutes) instead of pasta.

METHOD

1. Heat the oil in a large saucepan over a medium heat. Finely chop the onions, celery and carrots, then fry in the oil for 5 minutes until starting to brown.

2. Finely chop the capsicums, zucchini and mushrooms and add to the saucepan along with the rest of the ingredients. (Chop the vegetables in a food processor using the blade attachment if you can, to save time).
3. Add 400 ml cold water to the pan and bring to a simmer. Leave to cook for 20–25 minutes, stirring occasionally.
4. Serve over freshly cooked pasta and serve with a side salad and grated parmesan if you wish.

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

DOLMIO® Shepherds Pie

Cooking time

30 mins

Prep time

25 mins

Spaghetti Bolognese

Cooking time

10 mins

Prep time

5 mins

Source URL: *https://www.dolmio.com.au/recipes/seven-vegetable-pork-bolognese*