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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!

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## 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

### PRODUCTS USED



Dolmio Extra Bolognese Pasta Sauce 500g

[See details](#)

## 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. 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. 3

Add 400 ml cold water to the pan and bring to a simmer. Leave to cook for 20-25 minutes, stirring occasionally.

4. 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

[See details](#)



### [One Pot Spicy Arrabbiata Linguine](#)

Cooking time

15 mins

Prep time

5 mins

[See details](#)



### [DOLMIO® Shepherd's Pie](#)

Cooking time

30 mins

Prep time

25 mins

[See details](#)



## **Spaghetti Bolognese**

Cooking time

10 mins

Prep time

5 mins

[See details](#)

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