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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!

### 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

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