Turkey Mince And Sweetcorn Bolognese

Cook	20 mins
Prep	10 mins
Makes	4 servings

This turkey and sweetcorn Bolognese is a tasty twist on a family favourite. You get the same delicious Bolognese flavour, but with more vegetables and a healthier source of protein.

INGREDIENTS

- 400g minced turkey
- 200g frozen sweetcorn
- 12 cherry tomatoes, halved
- 2 tbsp chopped fresh parsley
- 300g spaghetti or linguine
- Fresh parsley, to garnish (optional)
- DOLMIO® Extra Bolognese Tomato Pasta Sauce 500 g

COOK'S TIPS

Note: If you prefer, use a jar of DOLMIO® Extra Tomato, Onion & Roast Garlic Pasta Sauce. You don’t have to serve the sauce with spaghetti or linguine – try it with penne or farfalle instead.

METHOD

1. Heat a large saucepan and add the minced turkey, a handful at a time, so that it browns. Cook, stirring, for 4-5 minutes.
2. Tip in the jar of DOLMIO® Extra Bolognese Tomato Pasta Sauce and heat until simmering. Add the sweetcorn, cherry tomatoes and chopped parsley. Lower the heat and cook gently for 15 minutes, stirring occasionally.
3. Meanwhile, cook the spaghetti or linguine in boiling water for 10-12 minutes, according to pack instructions. Drain thoroughly, share between 4 warmed plates and top with the sauce. Serve, sprinkled with parsley, if using.

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

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