



# SPAGHETTI BOLOGNESE (SERVES 4)

## INGREDIENTS

1 teaspoon oil (not provided)  
1 onion (finely chopped)  
500g beef mince  
2 tablespoon mixed herbs

2 x 400g can diced tomatoes  
1 can brown lentils  
500g spaghetti

Salt & pepper to taste  
(not provided)

## UTENSILS

Large saucepan  
Medium saucepan  
Ladle

Wooden spoon  
Chopping board  
Colander

Knife  
Teaspoon  
Tablespoon

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## OPTIONS

To add extra serves of vegetables to your meal you could finely chop/grate and add the following;

- 1 carrot
- 1 zucchini
- 2 celery stalks
- 4 to 6 medium mushrooms

Sprinkle with parmesan or low fat grated cheese if desired

## METHOD

1. Heat oil in a large saucepan. Add onion and cook on medium heat for 4 to 5 minutes or until soft
2. Add beef mince and cook on medium heat until just brown (this should take around 4 to 5 minutes)
3. Add mixed herbs and stir through until combined. Add tomatoes, brown lentils and cover and simmer for 5 minutes
4. Cook spaghetti (as per pack instructions)
5. Drain spaghetti and divide between serving bowls
6. Once cooked, spoon Bolognese sauce over pasta and serve

**FOR MORE INFORMATION**

**08 8351 1136 or [reception@foodbanksa.org.au](mailto:reception@foodbanksa.org.au)**