



RESCUING FOOD • NOURISHING COMMUNITIES



RECIPE CARD



Recipes developed in conjunction with
the University of Otago Human Nutrition Department

SPAGHETTI BOLOGNESE

SERVES 4-5



INGREDIENTS

- 500g dried spaghetti pasta
- Salt
- Cooking oil
- 300-800g (2-4 cups) mince

Any combination of vegetables:

- Capsicum (sliced)
- Onion (sliced)
- Zucchini/ courgette (sliced)
- Carrot (sliced)
- Eggplant (chopped)

Tomato sauce Ingredients:

- 1 tsp dried or fresh basil
- 1 tsp dried or fresh oregano
- 1 tsp dried or fresh parsley
- 1 tsp dried or fresh thyme
- 1 tsp dried or fresh rosemary
- 400g tomatoes (fresh or canned)
- 2 crushed garlic cloves or 1 tsp garlic powder (optional)
- 1 Tbsp vinegar (optional)
- 2 Tbsp tomato paste (optional)
- ¼ tsp salt (optional)
- Pinch pepper (optional)
- 200 ml water
- 1 diced onion
- 1 tsp sugar

METHOD

Read instructions carefully so that pasta and sauce are ready to eat at the same time.

1. Combine all tomato sauce ingredients in a pot. Simmer for 30 minutes, stirring often.
2. While tomato sauce is simmering, use knife and chopping board to prepare 4 cups of vegetables. Place in bowl. Set aside.
3. Fill a large pot with water and bring to the boil. Add pasta and 1 tsp salt. Cook until pasta is al dente (firm to bite but not soft) - about 8-12 minutes. Drain pasta.
4. While pasta is cooking, heat 1 Tbsp oil in a frying pan. Add mince and cook until brown and juices run clear. Add tomato sauce to the frying pan. Simmer on medium to low heat for 10 minutes.
5. Add prepared vegetables and simmer for 5 minutes or until pasta is ready.
6. Serve sauce over pasta.

Keep leftovers in the refrigerator for up to 2 days or freeze for 2-6 months.