

Pasta bolognese

Children are sure to love this bolognese recipe, which is packed with veggies too.



Ingredients

Serves people

Spiral pasta - 1 ½ cups (uncooked)

Brown onion - 1 small

Carrot - 1 large

Celery - 2 stalks (130g)

Zucchini - 1 large

Brown lentils - 1 x 125g can (canned)

Olive or canola oil - ½ tablespoon

Garlic - 1 clove (5g) (crushed)

Lean beef mince - 400g

Reduced salt crushed tomatoes - 1 x 800g can

Dried basil - ½ teaspoon

Dried oregano - ½ teaspoon

Grated cheddar or parmesan cheese - ¼ cup

Method

- 1 Cook pasta according to packet instructions.
- 2 Finely chop onion, carrot and celery.
- 3 Grate zucchini.
- 4 Drain and rinse lentils.
- 5 Heat oil in a large frying pan over a medium heat.
- 6 Add onion, garlic, carrot, celery and zucchini. Cook, stirring for 3 to 4 minutes until onion is tender.
- 7 Add mince. Cook, stirring and using a wooden spoon to break up lumps of meat, for 5 to 6 minutes until browned.
- 8 Add tomatoes, lentils, basil and oregano to pan.
- 9 Reduce heat to medium-low. Cook covered, stirring occasionally, for at least 30 minutes or until sauce has thickened slightly.

- 10 Serve pasta with sauce over the top and a sprinkle of grated cheese.

Allergy modifications

- Omit cheese for a milk protein free option.
- Use gluten free pasta for a wheat/gluten free alternative (check for soy if necessary).
- For an egg free option, ensure the pasta used does not contain egg products.

Recipe tip

- Beef mince can be replaced with pork or chicken mince for variety.

Each serve provides

Benefit	Children's serves
Meat/alternatives (beef and lentils)	1 children's serve
Vegetables	2½ children's serves
Grains (pasta)	1 children's serve

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.

Recipe adapted from *Get Up and Grow: Cooking for Children with permission of the Australian Government*. The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.

Written and reviewed by dietitians and nutritionists at Nutrition Australia, with support from the Victorian Government.



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