



Classic Spaghetti Bolognese

Serves 4

Prep time: **15 mins**
Cook time: **20 mins**

Ingredients

- 300g wholemeal spaghetti
- 2 tsp canola oil
- 1 onion, chopped
- 2 garlic cloves, sliced or chopped
- 300g lean minced meat
- 1 bottle of HCS pasta sauce
- 2 tomatoes, diced
- ½ eggplant, cubed
- 1 capsicum (green or yellow)
- 2 sticks celery, chopped
- 2 carrot, cubed
- 2 tsp dried herbs (e.g. oregano, mixed Italian herbs)
- Pepper

Methods

- Cook spaghetti according to packaging instructions. Divide the spaghetti into 4 portions, and set aside.
- Heat oil in a non-stick pan, fry onions and garlic for 1-2 minutes. Add minced meat and fry for 5 minutes or until minced meat is cooked.
- Add the pasta sauce and vegetables, and bring to boil. Reduce heat to a simmer for 10-15 minutes or until vegetables have softened.
- Stir in dried herbs, and pepper to taste.
- Scoop the sauce over the spaghetti, and serve while hot.

Nutrition Information (Per serving):

Energy: **500kcal**
 Protein: **30.8g**
 Total fat: **14.7g**
 Carbohydrates: **64.8g**
 Dietary fibre: **10.8g**

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