



Classic Spaghetti Bolognese



Lower in Sodium

Ingredients



Prep time
15 mins



Cook time
20 mins



Serves up to
4 pax

- 320g wholegrain pasta
- 2 tsp healthier oil
- 1 onion, chopped finely
- 2 garlic cloves, sliced thinly
- 300g lean, minced meat
- 1 bottle lower-sodium pasta sauce
- 2 tomatoes, diced
- 2 sticks celery, chopped
- 2 small carrots, cubed
- 2 tsp dried Italian herb mix
- A pinch of pepper
- 4 tsp parmesan cheese
- Some fresh basil leaves for garnishing

Steps

- 01** In a deep stock pot, bring water to a rolling boil and cook pasta till slightly softened. Drain water and toss with 1 tsp of healthier oil to prevent sticking. Divide into 4 portions and set aside.
- 02** In a pre-heated pan, add the rest of the healthier oil, followed by onions and garlic. Sauté till fragrant.
- 03** Add minced meat and cook through.
- 04** Add lower-sodium pasta sauce and vegetables. Cook until vegetables soften. Stir in herbs and pepper to taste.
- 05** Garnish with parmesan cheese and basil leaves for additional taste and flavour.

Make it healthier!



Cut back on your sodium intake with healthier choice lower-sodium salt, sauces and seasonings.



Use herbs and spices or umami-packed ingredients, such as tomatoes, instead of salt, for added depth of flavour.



Choose healthier choice oils which are lower in saturated fat. Heat oil until hot before stir-frying to shorten cooking time and reduce the amount of oil absorbed by the ingredients.