

# Hidden Veggie Spaghetti Bolognese

Rating: ★★★★★

Serves: 10  
Prep: 15 mins  
Cook: 35-40 mins

Dietary: DF, EF, NF  
Allergens: Wheat  
Age group: 8 months+  
Mealtime: Lunch, Dinner  
Difficulty level: Beginner



# Hidden Veggie Spaghetti Bolognaise



Dairy Free



Egg Free



Nut Free

## Tips:

### Prep tips:

Reduce prep time by adding onion, garlic, celery and vegetables into a high-speed food processor and process until finely grated. Sauté in olive oil before adding the minced beef.

### Allergies:

For a gluten-free version: Swap wholegrain spaghetti for brown rice pasta or gluten-free pasta of choice.

### Easy ingredient swaps:

Swap carrot and zucchini for seasonal vegetables of choice, such as pumpkin, swede, parsnip.

### Additional boosters:

Sprinkle each dish with a crunchy seed crumble.

### Baby-friendly version:

Serve mashed or in finger food-sized pieces.

### For fussy eaters:

Make sure the vegetables in the bolognaise sauce are pureed before combining with mince and tomato sauce.

## Ingredients

- 1 tbsp (20ml) extra virgin olive oil
- 1 brown onion (110g), peeled and finely chopped
- 2 garlic cloves (20g), peeled and finely crushed
- 1 stalk of celery (60g), rinsed and finely chopped
- 700g lean beef mince
- 1 carrot (160g), peeled and grated
- 2 zucchinis (320g), rinsed and grated
- 400g diced tomatoes, canned, low salt
- 2 tbsp (40g) tomato paste, low salt
- 1 cup (250ml) beef broth or stock
- 1 cup (80g) spinach, finely chopped
- ¼ cup fresh basil, rinsed and finely chopped
- 2 tsp (4g) dried oregano
- 300g wholegrain spaghetti

## Method

1. In a large pot, heat oil on medium heat and sauté onion, garlic, and celery for approx. 2-3 mins or until soft.
2. Add mince and cook for 3-4 mins or until browned.
3. Add carrot, zucchini, tomatoes, tomato paste and broth and bring to the boil. Reduce heat and allow to simmer for 25 mins.
4. Add spinach, basil and oregano and cook for another 5 mins.
5. Meanwhile, boil pasta in a large pot according to package instructions. Rinse and drain.
6. Serve pasta with bolognaise sauce.

## Mandy's serving suggestion:

Serve immediately with a fresh garden salad.

## Storing leftovers:

Store in an airtight container in the fridge for up to 3 days or freeze for up to 4 months.