

Nutritional information

Nutrient	Per Serve	Per 100g
Energy	1072.80kj	367.10kj
Protein	30.30g	10.40g
Total Fat	10.50g	3.60g
Saturated Fat	4.70g	1.60g
Carbohydrate	7.70g	2.60g
Fibre	3.30g	1.10g
Sodium	151.20mg	51.70mg

Nutritional analyses are estimated calculations based 'Food Works™' computer software

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PLU472

Spaghetti Bolognese

This meal pack includes:

Dry Ingredients:

500g dried spaghetti
400g can tomatoes
2 teaspoons dried oregano
2 tablespoons dried parmesan
cheese
pepper

Fresh Ingredients:

1 brown onion
1 stalk celery
1 red capsicum
2 cloves garlic
2 medium carrots

Frozen Ingredients:

1 pack of beef mince
approx 400g

Preparation time: 10 minutes Cooking time: 55 minutes **Serves 4-6**



**COMMUNITY
FOOD SA**

Developed by Community Foodies in conjunction with
Community Food SA

Spaghetti Bolognese

time required

Preparation time: 10 minutes

Cooking time: 55 minutes

ingredients

- Approx 400g beef mince
- 1 brown onion
- 2 cloves garlic
- 1 stalk celery
- 2 medium carrots
- 400g can tomatoes
- 2 teaspoons dried oregano
- Pepper
- spray oil or 2 teaspoons oil (not provided)
- 2 tablespoons dried parmesan cheese
- 500g dried spaghetti

cooking instructions

1. Peel and dice onion and either crush or chop the garlic.
2. Spray a large pot with oil (or use 2 teaspoons oil) and gently heat.
3. Add onion and garlic and stir through for a few minutes until soft.
4. Add mince and stir until browned.
5. Grate the carrot, dice the capsicum and celery and add to the mince.
6. Add tinned tomatoes to the mince.
7. Add oregano and season to taste with pepper, stir through and simmer for 45 minutes.
8. Meanwhile, bring about 2 litres of water to the boil in a large saucepan.
9. Add spaghetti and cook until soft (stir occasionally to stop the spaghetti from sticking together).
10. Drain water off spaghetti and divide into 4-6 bowls.
11. Spoon over bolognese sauce and sprinkle with cheese, if desired.

tips and ideas

- Add extra vegetables if you like – any you have left over.