



Spaghetti Bolognese

SERVES 4

INGREDIENTS

2 tbs olive oil
480g lean beef mince
1 onion, chopped
2 garlic cloves, crushed
½ red pepper, diced
½ carrot, grated
1 cup tomato passata*
400g tin chopped tomatoes
1 tbs salt reduced soy sauce
½ green cabbage, finely shredded
Salt & pepper to taste
To serve
Shredded basil leaves

METHOD

1. Heat the oil in a large saucepan over high heat. Add the meat and stir until well coloured.
2. Add the onion, garlic, pepper and grated carrot. Cook, stirring, until the vegetables are softened.
3. Add the passata, tomatoes and soy sauce and simmer for 30 minutes or until thickened. Season to taste.
4. Meanwhile bring a large saucepan of water to the boil. Add the cabbage and cook until just softened, about 1 minute. Strain.
5. Place cabbage in pasta bowls, top with bolognese sauce and shredded basil

