

# QUICK BOLOGNESE

Makes 4 servings

Calories 302 Fat 9.3g, Carbs 17.4g, Protein 31.8g

## INGREDIENTS

1 tablespoon of olive oil

1 onion diced

2 teaspoons of minced garlic

500g of lean mince - beef, pork, turkey, chicken and grated tofu are OK

3 cups of frozen (any combination) or fresh veg

I used 1cup each of

Carrots (Grated)

Zucchini (Grated)

Sliced mushrooms

1 can of tomatoes (I use Mutti)

1 jar of passata (I use Mutti)

1 tablespoon of Bolognese seasoning (I use mingle or masterfoods)

1 tablespoon of tomato paste

## DIRECTIONS

Place olive oil, onion, garlic and mince in a large pan (ideally oven proof)

Brown mince then add frozen veg, seasoning, tomatoes, passata and tomato paste

Stir and either reduce to a simmer or cover and place in 180C oven until ready to eat

Season to taste with salt and pepper

Serve with steamed veg, zucchini noodles, pasta or polenta