



# More veg, less meat summer Bolognese

PREP: 15 MINS  
COOK: 40 MINS

EASY

SERVES 4

## Nutrition: per serving

kcal	fat	saturates	carbs	sugars	fibre	protein
474	16g	4g	58g	14g	8g	25g

## Ingredients

- 2 tbsp olive oil
- 2 onions, finely chopped
- 3 carrots, finely chopped
- 4 celery sticks, finely chopped
- 2 courgettes, cut into small cubes
- 4 garlic cloves, finely chopped
- 250g pack beef mince
- 1 heaped tbsp tomato purée
- 400g can chopped tomato
- 400g fettuccine
- 200g pea, frozen or fresh
- handful parsley, roughly chopped

## Method

1. Heat the oil in large deep frying pan. Add the onions, carrots, celery, courgettes and garlic. Cook for about 10 mins or until soft, adding a few splashes of water if the mixture begins to stick. Turn up the heat and add the mince. Fry for a few mins more, breaking up the mince with the back of a spoon. Stir in tomato purée, pour over the chopped tomatoes and add a can of water. Simmer for 15 mins until the sauce is thick, then season.
2. Meanwhile, cook the fettuccine following pack instructions.
3. Tip the peas into the sauce and simmer for 2 mins more until tender. Stir through the drained pasta and parsley, then serve.