





Pasta Bolognese Bake

 Calories: 442  Carbs: 51  Protein: 38  Fat: 11

SERVINGS: 4

PREPTIME: 15 MIN

COOKING TIME: 40 MIN

Ingredients

- 400 g 5% fat minced beef
- 1 large onion finely chopped
- 3 cloves garlic peeled and grated
- 5 mushrooms sliced
- 1 large carrot peeled and finely chopped
- 1 stick celery finely chopped
- 1 red pepper finely chopped
- 2 x 400g tins chopped tomatoes
- 1 tbsp tomato puree
- 1 tbsp dried mixed Italian herbs
- 1 tbsp balsamic vinegar
- 1 red wine stock pot
- 250 ml beef stock 1-2 beef stock cubes made up with 250 ml boiling water
- Dash Henderson's relish
- low calorie cooking spray
- 200 g dried pasta
- 80 g reduced fat Cheddar cheese

Directions

- Pre-heat the oven to 200°C.
- Spray a large frying pan with low-calorie cooking spray and place over a medium heat.
- Brown the onions lightly then add the minced beef, garlic, balsamic vinegar & herbs. Cook until browned.
- Fill a pan with water & cook the pasta according to the packet instructions.
- Add the carrots, celery, mushrooms, pepper, tomato puree, tinned tomatoes, Henderson's relish/Worcestershire sauce, beef stock and red wine stock pot. Turn the heat down and let simmer for 10-15 minutes until carrots begin to soften.
- Check the pasta. If cooked, drain and leave to one side.
- Mix the pasta into the sauce. If your pan is oven safe, top with cheese and place in the oven. If it's not, place the pasta and sauce into an oven proof dish and top with cheese.
- Bake for 10-15 minutes until the cheese has browned and serve!