

Lamb & Veggie Spaghetti Bolognese

Serves: 10
Prep: 15 mins
Cook: 35-40 mins



Dietary: EF, NF
Age group: 8 months+
Difficulty level: Beginner

MindChamps[®]
early learning & preschool

Lamb & Veggie Spaghetti Bolognese



Egg Free



Nut Free

Ingredients

- 1 brown onion (110g), peeled and quartered
- 2 garlic cloves (20g), peeled
- 1 stalk of celery (60g), rinsed and roughly chopped
- 1 carrot (160g), peeled and roughly chopped
- 2 zucchinis (320g), rinsed and roughly chopped
- 1 tbsp (20ml) extra virgin olive oil
- 700g lean lamb mince
- 400g diced tomatoes, canned, low salt
- 2 tbsp (40g) tomato paste, low salt
- 1 cup (250ml) low-sodium beef broth or stock
- 1 cup (80g) spinach, rinsed and finely chopped
- ¼ cup fresh basil, rinsed and finely chopped
- 2 tsp (4g) dried oregano
- 300g wholemeal spaghetti

- 1 cup (120g) parmesan cheese, to serve with

Method

1. Place onion, garlic, celery, carrot and zucchini into a high-speed food processor and process until finely crushed.
2. In a large pot, heat oil on medium heat and sauté onion-veggie mix for approx. 2-3 mins or until soft.
3. Add mince and cook for 3-4 mins or until browned.
4. Add tomatoes, tomato paste and broth and bring to the boil. Reduce heat and allow to simmer for 25 mins.
5. Add spinach, basil and oregano and cook for another 5 mins.
6. Meanwhile, boil pasta in a large pot according to package instructions. Rinse and drain.
7. Serve pasta with bolognese sauce and cheese.

Serving Suggestion: Serve with colourful steamed mixed vegetables on the side.

Storing leftovers: Store in an airtight container in the fridge for up to 3 days or freeze for up to 4 months.

Tips

- ✓ **Allergies:** For a gluten-free version: Swap wholemeal spaghetti for brown rice pasta or gluten-free pasta of choice.
For a dairy-free version: Omit cheese.
- ✓ **For a vegetarian version:** Swap the lamb mince for lentils.
- ✓ **Easy ingredient swaps:** Swap carrot and zucchini for seasonal vegetables of choice, such as pumpkin, swede, parsnip.
- ✓ **Baby-friendly version:** Serve mashed or in finger food-sized pieces.
- ✓ **For Fussy Eaters:** Make sure the vegetables in the Bolognese sauce are pureed before combining with mince and tomato sauce. Deconstruct the meal by serving the spaghetti, sauce, cheese and vegetables separately.