

Penne Bolognese



Classification:

Everyday

Serves:

18

Prep. Time:

8 min

Cooking Time:

32 min

Ingredients:

- 1 brown onion
- 2 cloves garlic
- 20ml olive oil
- 2 carrots
- 1 large zucchini
- 200g mushrooms
- 500g lean beef mince
- 1 cup beef stock (or 1 beef stock cube dissolved in 1 cup boiling water)
- 1 x 400g tin tomatoes (or overripe fresh tomatoes)
- 500g jar of pasta sauce
- 750g wholemeal penne pasta

Equipment:

- Knife & chopping board
- Thermomix
- Spatula
- Large sauce pan
- Stove
- Individual foil trays with lids (or other containers)

Method: (this is a Thermomix method)

1. Place quartered onion and garlic into Thermomix and chop for 3 sec/speed 5. Scrape down sides of bowl.
2. Add oil and cook 3min/speed 1/100°C.
3. Add roughly chopped carrot, zucchini, and mushroom. Chop 10 sec/speed 6.
4. Add beef mince and cook 5 min/speed 1/reverse/100°C.
5. Scrape down sides of bowl, if mince is not cooked through then put on for another 3 minutes or until cooked.
6. Add stock, tomatoes, pasta sauce and cook 10 min/speed 1/reverse/100°C.
7. Blend it for 5 sec/speed 4/reverse.
8. Cook for another 10 min/speed 1/reverse/100°C.
9. Meanwhile boil your pasta until al dente (firm to the bite).
10. Drain cooked pasta, pour cooked sauce over pasta and stir through.
11. Portion out into 18 square foil trays and top with lids. Allow to cool and then freeze until needed.

Tips and Variations:

- You can do this in a fry pan, just steam the veggies until tender and then blend and add to cooked mince. Then add sauce, stock and tomatoes. Cook, stirring for 15 minutes.