

# Spaghetti Bolognaise

🕒 ❄️ ❤️ GF

Spaghetti Bol is a fantastic dish for including lots of veggies.

## How we'll use it this week

- Non Sandwich Option

## Ingredients

- 500g grass fed mince
- 1 garlic clove
- 1/2 large onion
- 1/2 large zucchini
- 1/2 large carrot
- 1/2 celery stick
- 2 mushrooms
- 1 tspn italian herbs
- 400g can tomatoes
- 1 cup passata sauce
- 1 tblspn coconut oil
- Pasta to suit your child



*Tip: If your family already has a favourite bolognese recipe, use that. Add veggies to it if you already don't.*

## Directions

1. Blitz all vegetables in your food processor until diced very small.
2. Put mince in a bowl and stir through your vegetables. (I get the kids involved and they use their hands to mix it all around).
3. Melt coconut oil.
4. Add mince and vegetables, cook until mince is browned.
5. Add herbs, stir through.
6. Add tomatoes and passata, and bring to boil.
7. Simmer uncovered for 30 minutes or until liquid is almost absorbed. Stir frequently.
8. Allow to cool and split in lunchbox portions. Freeze portions for another week.

## Freezing / Storing Instructions

Freeze in air tight container. You can freeze pasta but I recommend just cooking on the next prep day.

## Another 2 ways to use this recipe

- Spaghetti Bol Muffins (see early bird recipe).
- Shepherds pie.

# Lentil & Chickpea Bolognaise



GF

Spaghetti Bol is a fantastic dish for including lots of veggies.

## How we'll use it this week

- Non Sandwich Option

## Ingredients

- 400g can lentils
- 400g can chickpeas
- 1 garlic clove
- 1/2 large onion
- 1/2 large zucchini
- 1/2 large carrot
- 1/2 celery stick
- 2 mushrooms
- 1 tspn italian herbs
- 400g can tomatoes
- 1 cup passata sauce
- 1 tspn savoury yeast flakes
- salt & pepper to taste
- 1 tblspn coconut oil
- Pasta to suit your child



*Tip: If your family already has a favourite bolognaise recipe, use that. Add veggies to it if you already don't.*

## Directions

1. Blitz all vegetables in your food processor until diced very small.
2. Drain and rinse chickpeas and lentils. Mix well in a bowl. Split this in half. Keep one lot to the side to make Lentil & Chickpea mini loaf.
3. Add half of vegetables in a pan with half of the lentils & chickpeas, saute for 2-3 minutes. The other half of vegetables will be used for Legume & Veg Beanloaf.
4. Melt coconut oil.
5. Saute veg & lentil & chickpea mix for 2-3 minutes.
6. Add herbs, stir through, saute for another 2 minutes.
7. Add tomatoes and passata, yeast & salt & pepper. Bring to boil.
8. Simmer uncovered for 10-15 minutes or until liquid is almost absorbed. Stir frequently.
9. Allow to cool and split in lunchbox portions. Freeze portions for another week.

## Freezing / Storing Instructions

Freeze in air tight container. You can freeze pasta but I recommend just cooking on the next prep day.