



Courgetti Bolognese
RECIPE

Courgetti Bolognese



Cook
30 mins
Prep
15 mins
Makes
4 servings

In this fresh twist on a UK favourite, "Courgetti Bolognese" swaps the pasta in Spag Bol for

spiralised courgette. Courgetti is the perfect, veggie-packed alternative for a delicious lighter meal option.

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INGREDIENTS

- 1 stick celery (70g)
- 2 carrots (180g)
- 4 tbsp olive oil
- 250g minced beef
- 500g Dolmio Bolognese Original Sauce
- 4 courgettes, spiralised (about 720g) or buy pre spiralised

Instructions

1.
Finely chop the celery and carrots (use a food processor if you can, to save time). Take a large frying pan, add 2 tbsp of the oil and fry the vegetables over a medium heat for 5 minutes, stirring occasionally.
2.
Add the beef and fry for a further 5 minutes until browned. Stir through the Dolmio Original Bolognese Sauce and simmer over a low heat for a further 20 minutes.
3.
Whilst the Bolognese is simmering, make the courgetti using a spiraliser, or if you don't have one, make long thin ribbons of courgetti using a vegetable peeler. Alternatiely, you can also buy ready made courgetti for convenience! Fry the courgetti in a pan with 2 tbsp olive oil over a high heat for 2 - 3 minutes.
4.
Serve the Bolognese over the courgetti, with freshly ground black pepper and grated parmesan if you wish.

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Cooking time

20 mins

Prep time

5 mins

[See details](#)



Slow Cooked Sweet Potato Lasagne

Cooking time

2 hrs 30 mins

Prep time

25 mins

[See details](#)



Mushroom and Butternut Squash Bolognese

Cooking time

30 mins

Prep time

10 mins

[See details](#)

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