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.

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.

MORE RECIPES LIKE THIS



Spicy Prawn Linguine with Green Beans

Cooking time

20 mins

Prep time

5 mins



Slow Cooked Sweet Potato Lasagne

Cooking time

2 hrs 30 mins

Prep time

25 mins



Mushroom and Butternut Squash Bolognese

Cooking time

30 mins

Prep time

10 mins

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