



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.

Source URL: <https://www.dolmio.co.uk/recipes/courgetti-bolognese>