



Bolognaise
RECIPE

Bolognaise



Cooking time 30 mins
Preparation time 10 mins
Serves 4

A wholesome bolognaise that is rich with tomato flavor. Repurpose this versatile meat sauce for tacos, pancakes or roosterkoek.

Ingredients

- 500g lean beef mince
- 2 Tbls oil
- 1 onion, finely chopped
- 1 can tomatoes, chopped
- Royco® Bolognaise Wet Cook-In Sauce

Vegetarian

Replace the beef mince with a combination of brown and red lentils for a textured vegetarian bolognaise.

Family Friendly

This quick and easy bolognaise is a speedy weeknight dinner that can top your kids favourite pasta shape - try shells, twirly-whirlies or bows.

Method

1. In a pan, lightly brown chopped onion and mince.
2. Stir in the contents of the Royco® Bolognaise Wet Cook-In Sauce pouch and add tomatoes.
3. Allow to simmer for 10 mins.
4. Season to taste, serve with cooked pasta and enjoy!
5. Top with fresh herbs and shaved parmesan.

Recipe Tags

[Recipe Bases](#), [Pasta](#), [Beef](#)

Related Recipes



[Simple Savoury Mince Pasta](#)

Cooking time

20 mins

Preparation time

15 mins



[Cheese, Courgette and Tomato Frittata](#)

Cooking time

35 mins

Preparation time

15 mins



[Mediterranean Pasta Bake](#)

Cooking time

35 mins

Preparation time

10 mins



Lamb Ragu Lasagna

Cooking time

35 mins

Preparation time

20 mins



Bacon, Mushroom & Pea Spaghetti

Cooking time

10 mins

Preparation time

15 mins



Butternut Risotto with Rocket and Feta

Cooking time

25-30 mins

Preparation time

5 mins



Penne with a Mediterranean Touch

Cooking time

15 mins

Preparation time

15 mins



Mushroom, Tomato & Red Wine Fusilli

Cooking time

20 mins

Preparation time

15 mins



Salmon and Mushroom Pasta

Cooking time

10 mins

Preparation time

10 mins



Pasta with Creamy Mushroom Sauce

Cooking time

10 mins

Preparation time

15 mins

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