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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