Cheesy Mince & Mac with Spinach

Cooking time	65 mins
Preparation time	15 mins
Serves	6

Who can resist pasta in a rich Royco bolognaise sauce, topped with melty cheese? We've featured spinach in this family bake for an iron-rich pop of green, but feel free to get creative: try adding mushrooms, baby marrows, peas or even crispy bacon bits.

Ingredients

- 30ml (2 Tbsp) oil
- 1 large onion, chopped
- 3 cloves garlic, crushed
- 1 x 50g sachet tomato paste
- 750g beef mince
- 1 x 210g tin chopped tomatoes
- 1 x 37g Royco® Bolognaise Dry Cook-In Sauce
- 500ml (2 cups) water or stock
- 15ml (1 Tbsp) dried mixed herbs
- salt and black pepper, to taste
- 500g uncooked macaroni or penne
- 200g baby spinach leaves
- 300g mozzarella or cheddar, thinly sliced or grated

Vegetarian

For a hearty vegetarian version of this dish, replace the beef with brown lentils or soya mince.

Family Friendly

If your kids won't eat spinach, leave it out, or use frozen peas instead.

Cook's tips:

The pasta will continue to absorb liquid while the dish bakes, so make sure that sauce is fairly wet. If it looks a little dry, sprinkle a few tablespoons of water over the dish before you

top it with cheese.

You can make this dish well in advance and keep it in the fridge. Let it come to room temperature before you bake it.

Method

1. Heat the oil in a pot and fry the onions over a medium heat until soft and golden (about 5 minutes).
2. Stir in the garlic and tomato paste and cook for 1 more minute.
3. Turn the heat up and add the mince, breaking up any clumps with a fork. Cook, stirring often, for about 5 minutes, or until lightly browned.
4. Tip the tinned tomatoes into the pot. Sprinkle the Royco® Bolognaise Dry Cook-In Sauce powder all over the top, then immediately pour in the water (or stock) and stir very well.
5. Add the mixed herbs and season to taste with salt and pepper. Bring to the boil and cook, uncovered, over a medium heat for 30 minutes, stirring now and then.
6. In the meantime, heat your oven 180 °C and bring plenty of salted water to the boil in a large pot. Add the pasta and cook for the time specified on the packet.
7. When the pasta is almost done, add the baby spinach leaves to the sauce. Cook gently for a further 2 minutes, or until the leaves have wilted but are still bright green. Take the pot off the heat.
8. Drain the pasta in a colander and return it to the pot you boiled it in. Pour in the sauce and gently stir everything together.
9. Tip the mixture into a greased ovenproof dish. Top with the cheese and bake at 180 °C for about 25 minutes, or until the pasta is heated through and the cheese is bubbling.
10. Serve piping hot with a crisp green salad.

Recipe Tags

Beef, Pasta, Dry Cook In Sauce

Related Recipes



Creamy Chicken and Pasta Bake

Cooking time

30 mins

Preparation time

20 mins

Macaroni Cheese with Tomato

Cooking time

30 mins

Preparation time

10 mins

Lamb Tray Tagine

Cooking time

180 mins

Preparation time

20 mins



Fiesta Mince Bowl

Cooking time

40 mins

Preparation time

10 mins

Ham, Mushroom and Cheese Bake

Cooking time

25 mins

Preparation time

10 mins

Butternut Risotto with Rocket and Feta

Cooking time

25-30 mins

Preparation time

5 mins

Bolognaise

Cooking time

30 mins

Preparation time

10 mins

Chicken & Mushroom Phyllo Pie

Cooking time

20 mins

Preparation time

15 mins



Penne with a Mediterranean Touch

Cooking time

15 mins

Preparation time

15 mins



Lamb Ragu Lasagna

Cooking time

35 mins

Preparation time

20 mins

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