Beefy Bolognaise Rolls with Hidden Veggies

Cooking time	45 mins
Preparation time	15 mins
Serves	5

Persuading kids to eat more veggies can be a challenge. Here’s a smart idea: sneak grated vegetables into a tasty bolognaise sauce and serve over crisp rolls with a topping of melty cheese. Our Royco® Creamy Tomato Pasta Sauce makes this recipe so easy!

Ingredients

- 30ml (2 Tbsp) oil
- 1 large onion, chopped
- 3 carrots, peeled and coarsely grated
- 3 baby marrows, coarsely grated
- 2 cloves garlic, peeled and crushed
- 1 x 50g sachet tomato paste
- 500g beef mince
- 1 x 400g sachet Royco® Creamy Tomato Pasta Sauce
- 250ml (1 cup) hot water or stock
- 10ml (2 tsp) dried mixed herbs
- salt and black pepper, to taste
- burger buns or hot dog rolls
- 150g cheddar or gouda slices
- oven chips, to serve

Vegetarian

Replace the beef mince with brown lentils or soya mince.

Family Friendly

Royco® Creamy Tomato Pasta Sauce has a slight sweetness that will appeal to even the fussiest eaters. To add extra fibre, choose wholewheat rolls.

Cook’s tips:

Processed cheese slices will melt quickly on the hot bolognaise sauce, but if you’re using ordinary cheddar or gouda, you can put the rolls on a baking sheet and pop them under a hot grill until the cheese bubbles.

Method

1. Heat the oil in a pot and fry the onions over a medium heat until soft and golden (about 5 minutes).
2. Add the grated carrots, baby marrows, garlic and tomato paste, and cook for 3 minutes, stirring now and then.
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 there is no trace of pink in the meat.
4. Pour in the contents of the sachet of Royco® Creamy Tomato Pasta Sauce and the hot water (or stock). Stir well, add the mixed herbs and season to taste with salt and pepper.
5. Cook, uncovered, over a medium heat for 30 minutes, stirring now and then.
6. Halve and butter your bread rolls and place them on warm plates. Spoon the hot bolognaise sauce over the rolls and top with slices of cheese.
7. Serve immediately with oven chips.

Recipe Tags

Beef, Wet Pasta 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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