



ALL IN ONE BOWL BOLOGNESE (TM7, TM6, TM5)

10 min. 40 min. easy 6 portions

INGREDIENTS

20 g extra virgin olive oil
200 g onions or leeks, white part only
3 garlic cloves
200 g vegetable trimmings (e.g celery, carrot, pumpkin - see Tips)
1½ tbsp dried oregano
1 tsp dried basil
½-1 tsp dried chilli flakes (optional)
2 tsp Vegetable stock paste (see Tips)
400 g canned tomatoes
100 g tomato paste
500 g water
1 tbsp Worcestershire sauce
¼ tsp sea salt, plus extra to season
¼ tsp ground black pepper, plus extra to season
250 g mixed vegetables (e.g zucchini, tomatoes or capsicum), cut into quarters
1000 g beef mince
320 g spaghetti, broken in half
Parmesan cheese, grated, to serve
fresh basil leaves

USEFUL ITEMS

large serving bowl

THERMOMIX PARTS

measuring cup, spatula, Varoma

Preparation

1. Place oil, onion, garlic and vegetables trimmings into mixing bowl, then chop **3 sec/speed 5**. Scrape down sides of mixing bowl with spatula and cook **5 min/120°C/speed 1**.
2. Add oregano, basil, chilli flakes (optional), stock paste, canned tomatoes, tomato paste, water, Worcestershire sauce, salt, pepper and 250 g of different mixed vegetables. Place Varoma into position and weigh mince into it, season with salt and pepper, secure Varoma lid and cook **22 min/Varoma/speed 2**.
3. Remove Varoma and set aside. Then chop **20 sec/speed 6**.
4. Add spaghetti to mixing bowl, stir with spatula. Return Varoma to position, then stir mince to break up and ensure even cooking. Secure Varoma lid and cook **10 min/Varoma/↺/speed 2** or until pasta is cooked. Transfer bolognese to a large serving bowl. Pour over pasta and sauce, then stir to combine. Serve with grated Parmesan and fresh basil leaves.

TIPS

- Store your veggie peelings and trimmings in a zip lock bag in the fridge until you have around 200 g (they will keep fresh for 4-5 days).
- To make your own Vegetable stock paste, see Cookidoo® for the recipe.