



Spaghetti Bolognese Cups

(Make 12 cups - serves 4 people. Can be refrigerated for up to 2 days & reheated in oven)

Ingredients

125g whole wheat spaghetti	1 tsp white vinegar
1 Tbsp olive oil	½ carrot, grated
1 white onion, finely chopped	1 egg, lightly beaten
1 stick celery, finely chopped	25g plain flour
350g beef mince	100g grated cheese
2 garlic cloves, crushed	Small handful of fresh flat-leaf parsley, roughly chopped
250g tinned tomato purée	Salt & freshly ground black pepper to taste
½ tsp sugar	

Instructions

Preheat the oven to 180 C and grease 12 holes of a muffin baking tray.

Cook the spaghetti following packet directions.

While the spaghetti cooks, warm the oil in a large frying pan over medium-high heat. Add the onion, celery, a pinch of salt and pepper to taste. Stir fry for 4 minutes until softened.

Add the beef and continue to stir fry for 5-6 minutes, breaking up any lumps, until browned. Add the garlic and stir fry for 1 minute until fragrant. Stir in the tomato purée and bring to a simmer. Add the sugar and vinegar, stirring well to combine. Simmer for 10 minutes, stirring occasionally, until thickened.

While the sauce cooks, drain spaghetti and transfer to a large mixing bowl. Cut the spaghetti, using scissors, into 5cm long pieces. Cool for 5 minutes.

Add the grated carrot to the thickened beef mince sauce and stir well to combine. Remove from the heat, stir through the parsley and set aside to cool for 5 minutes.

Transfer the beef mince mixture to the bowl with the spaghetti and mix well to combine. Stir in the egg, flour and half of the cheese.

Carefully transfer the mixture to the greased muffin baking tray - dividing the mixture evenly between the holes. Press down the mixture to compact. Sprinkle each cup with the remaining cheese.

Transfer the baking tray to the oven and cook for 15 minutes until the cheese is melted and golden. Remove from the oven and allow to cool in the tray for 5 minutes. Transfer the bolognese cups to a wire rack to cool. Serve warm with a green salad (optional).