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Leeds and York Partnership NHS

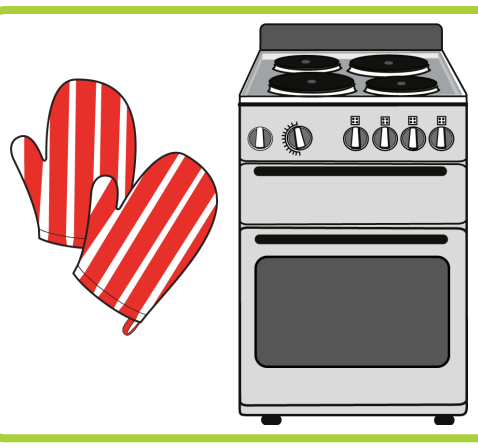
NHS Foundation Trust

Bolognese Pasta Bake - serves 4 people

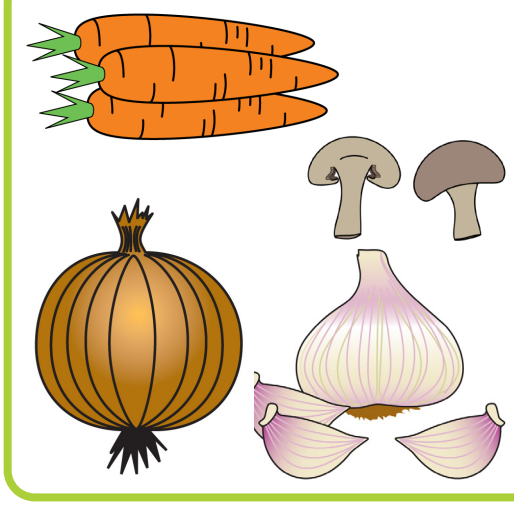
INGREDIENTS

- 400g dried pasta (wholegrain or brown)
- 1 onion
- 1 medium carrot (washed and peeled)
- 3 garlic cloves
- 250g mushrooms (washed)
- 500g lean mince (5% fat or less: beef, turkey or meat-free mince)
- 400g can chopped tomatoes
- 1 teaspoon dried mixed herbs
- Salt and pepper
- 1 palm-size portion grated reduced fat cheddar cheese

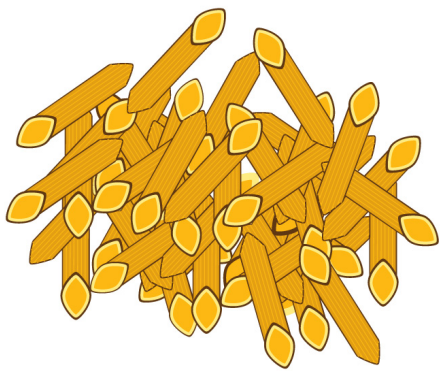
First **wash your hands** with soap and water



Preheat the oven to 180°C/160°C Fan/Gas 4



Chop the onion, carrot, garlic and mushrooms.



Place the pasta in a pan and pour in enough water to cover the pasta

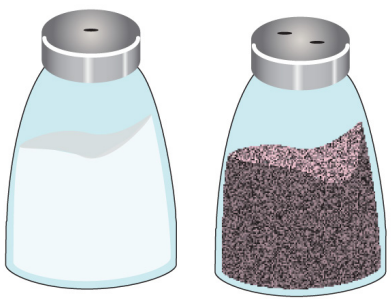
Bring the water to a **boil,** and then reduce the heat to **simmer gently** until the pasta is cooked **(check packaging instructions, about 11-15 mins)**

Drain off the water using a colander

Fry the onion, carrot, garlic, mushrooms and mince in a large non-stick frying pan over a high heat for 6-7 minutes

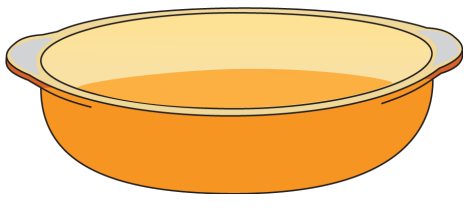
Always wash your hands after touching raw meat

Add the **tomatoes** and mixed **herbs** to the frying pan



Season with **salt and pepper**

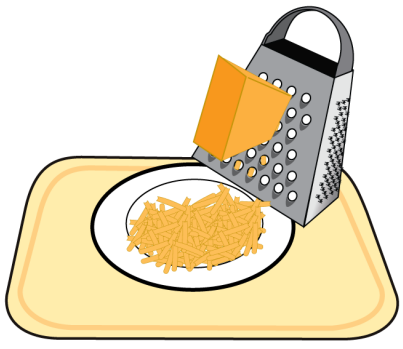
Cover and **cook** over medium heat for 20 minutes, stirring occasionally with a wooden spoon



Pour half your mince and sauce into an oven dish

Top it with cooked pasta

Spoon the remaining sauce over the pasta



Sprinkle with cheese
Bake in the oven for **25-30 minutes**

Divide into **4 portions**

Serve with salad or green vegetables

Enjoy!

If you are worried about your diet and would like more help contact your GP.

Health Facilitation Team. Telephone: **0113 8555049.** Email: **getcheckedoutleeds@nhs.net**