



Spaghetti bolognese

Preparation

- 1** Boil spaghetti as per instructions and make sure to overcook it slightly.
- 2** Peel and finely chop the onion, garlic and carrot. Fry them together in a saucepan with a drop of olive oil and add a pinch of salt.
- 3** Add the minced beef. Cook for 15 minutes – stirring often to break up the meat pieces. Add some water and cook for a further 5 minutes to soften meat. Then blend and add Thick & Easy Clear to achieve a smooth consistency.
- 4** Blend the tomato passata. Blend the boiled spaghetti with water, parmesan cheese and a drop of olive oil to achieve a smooth consistency.

For online video please visit: www.fresubin.com



No. of servings

4

Ingredients

- 400g spaghetti
- 250g tomato passata
- 200g minced beef
- 1 onion (150g)
- 1 carrot (50g)
- 1 clove of garlic
- 50g parmesan cheese
- 1 tbsp. olive oil (15g)
- Salt and pepper to taste
- Thick & Easy Clear



Tips

For a vegetarian meal rich in protein you may use soy instead of beef

Nutritional information per serving*

Energy kcal	588
Protein g	30
Fat g	17
Carbohydrate g	76
Fibre g	5