

Spaghetti Bolognese

Per Portion

190-200 Calories

10-11g Protein

17-18g Carbs

7-9g Fat



Ingredients

- 250g minced beef
- 2 carrots, grated
- 2 sticks of celery, finely diced
 - 150g lentils
- 1 large onion, diced
- 2 garlic cloves, minced
- 1 tin of chopped tomatoes
 - 500ml beef stock
 - 1 tbsp mixed herbs
- 2 tbsp Worcestershire sauce
- Spaghetti, cooked according to package instructions

Method

1. Cook the spaghetti according to the package instructions until al dente. Drain and set aside.
2. Preheat your air fryer to 200°C.
3. Place the minced beef and diced onions in the air fryer basket.
4. Use a wooden spoon to break up the mince and evenly distribute the onions.
5. Cook the mince and onions in the air fryer at 200°C for 2 minutes.
6. Open the air fryer drawer and stir the mince, breaking it up further.
7. Continue cooking the mince in 2-minute intervals, stirring, and breaking it up each time, until it is browned.
8. Add the grated carrots, diced celery, and minced garlic to the air fryer basket. Mix well with the browned mince.
9. Cook the mixture for another 5 minutes in the air fryer.
10. Stir in the lentils, ensuring they are well combined with the other ingredients.
11. Pour in the tin of chopped tomatoes, beef stock, mixed herbs and Worcestershire sauce. Mix everything together.
12. Cook the bolognese sauce in the air fryer for 15 minutes, allowing the flavours to meld together.
13. Serve the bolognese sauce over the drained spaghetti.

**This recipes nutritional values were generated by artificial intelligence and as such, you should take more care when preparing this recipe than normal. We do not guarantee or take liability for the nutritional information. Please use common sense when cooking this recipe.*