



Chilli Beef Bolognese

Ingredients

- pkt MAGGI Your meal your way Chilli Con Carne
- tbsp Olive Oil
- Onion, finely chopped
- tsps Garlic Puree
- g Lean minced beef
- tbsps Tomato Paste
- cup Salt reduced beef stock
- Can Crushed Tomatoes
- g Macaroni

Instruction

1. Heat oil in a large non-stick frying pan over high heat. Add onion, garlic, chilli and thyme; cook for 3 minutes or until softened. Add mince, season with salt and pepper and cook for 10 minutes or until browned. Add balsamic vinegar, tomato paste, stock and tomatoes and bring to a simmer. Reduce the heat to low, cover and cook for 20 minutes.
2. Meanwhile cook the pasta in a large saucepan of salted boiling water for 7–8 minutes or until al dente. Drain, divide between plates and top with the Bolognese, parmesan and basil leaves to serve.

Nutrition

Carbohydrates	75.07 g
Energy	581.65 kcal
Fats	9.82 g
Protein	41.47 g

0 Minutes

4 portions