



## Simple Cooking Series

### #1 Easy Bolognaise



**Ingredients:** 500g Mince  
Jar of bolognaise sauce  
1 tablespoon cooking oil

**Steps:**

1. Heat the oil in pan on medium heat then add the mince. Stir mince, breaking it apart with the spoon, until brown
2. Add the jar of sauce and stir until heated.
3. That's it! Enjoy

#### Serve with:

- \* pasta
- \* rice
- \* toast
- \* mashed potato

**Or use as filling for stuffed zucchini or capsicum**

Top with cheese to increase protein, an important nutrient for staying strong and healthy

#### Optional- Make the sauce instead of using a jar:

- \* 400g tin crushed tomatoes
- \* 1 onion, chopped
- \* salt and pepper to taste
- \* 1 tablespoon tomato paste
- \* 1 teaspoon minced garlic
- \* mixed herbs 1-2 tablespoons

**Steps:**

1. Heat the oil in the pan, add the garlic and onion and stir 1-2 minutes until light brown
2. Add the crushed tomato, tomato paste, herbs, salt and pepper and stir until mixed and warm
3. Add the mince and cook until brown. That's it!

#### Tips and Money Savers

- Add grated carrot or zucchini to the sauce to boost your vegetable intake
- If you don't have mixed herbs you can create your own with whatever you have! basil, coriander, oregano and parsley work well in bolognaise
  - Spice it up with some chilli for extra flavour
- Mince can be bought in bulk or on special to save money and can be safely frozen for 3 months
  - Bread close to its used by date can often be found on special. Extend the life of your loaf by freezing it and taking out only what you need each time. Bread can be stored safely for up to 3 months this way

*This document has been prepared by the Community Partnerships Unit, South Eastern Sydney Local District (SESLHD).*

*If you have any comments or questions, please contact us at: [SESLHD-YourVoice@health.nsw.gov.au](mailto:SESLHD-YourVoice@health.nsw.gov.au)*

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