



4

SERVES/MAKES



COOKING TIME:  
< 30 min



COOKING STYLE:  
Stove

## LANCEWOOD® BABY MARROW SPAGHETTI BOLOGNAISE

### INGREDIENTS:

#### Bolognese:

30 ml oil

1 onion, chopped

1 clove garlic, crushed

2 carrots, coarsely grated

500 g lean beef mince

115 g tomato paste

15 ml sugar

125 – 160 ml water

250 g **LANCEWOOD® Lactose Free Low Fat Plain Smooth Cottage Cheese**

15 ml basil, chopped or 5 ml dried basil

15 ml oregano, chopped or 5 ml dried oregano

Salt & freshly ground black pepper to taste

#### To serve:

250 g cooked baby marrow spaghetti or 250 g spaghetti cooked according to the instructions on the packet.

### METHOD:

#### Bolognese:

Heat the oil and fry the onion, garlic and carrots until golden and soft. Add the mince and fry until lightly browned. Add the tomato paste, sugar and water. Stir in the **LANCEWOOD® Lactose Free Plain Smooth Cottage Cheese**, basil, oregano and seasoning. Simmer over low heat until well blended and most of the liquid has cooked away.

#### To serve:

Serve on top of spaghetti of your choice.

### HINTS & TIPS:

- For the crumbliest mince – use a whisk to break up mince when frying.

### PRODUCTS USED:



Lactose Free Low Fat Smooth  
Cottage Cheese

**ENJOY!**