



# Spaghetti

## Recipe Information

Serves: 4-6

Time to make: 30 minutes

## Method

1. Cook spaghetti in a large pot with boiling water, following packet instructions until cooked. Drain.
2. Wash and chop or grate all vegetables. Finely chop or crush garlic.
3. Heat oil in a large pan over medium-high heat. Add mince, onion and garlic.
4. Cook, stirring to break up mince, for 5 minutes or until browned.
5. Add stock cube, tomato paste, mixed herbs and tomatoes. Stir to mix through.
6. Add carrot, zucchini, and capsicum and cook for 5 minutes or until vegetables are soft.
7. Simmer for 15 minutes, or until sauce has thickened.
8. Divide spaghetti between plates and top with mince.
9. Serve.



Favourite family feeds

## Ingredients

- 500g mince
- 1 medium onion
- 1 teaspoon/clove garlic
- 2 carrots
- 2 zucchinis
- 1 red capsicum
- 1 beef stock cube
- 2-3 tablespoons tomato paste
- 1/2 teaspoon dried mixed herbs
- 400g canned diced tomatoes
- 250g spaghetti
- 1-2 teaspoons oil

## Method



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2. Wash and chop or grate all vegetables. Finely chop or crush garlic.



3. Heat oil in a large frying pan over medium-high heat. Add mince, onion and garlic.



4. Cook, stirring to break up mince, for 5 minutes or until browned.



5. Add stock cube, tomato paste, mixed herbs, and tomatoes. Stir to mix through.



6. Add carrot, zucchini and capsicum, and cook for 5 minutes or until vegetables are soft.



7. Simmer for 15 minutes, or until sauce thickens.



8. Divide spaghetti among plates and top with mince to serve.

### Tips and Options

- Add any fresh vegetables you have.
- Sprinkle with grated cheese if you have it.

...Which Way...  
The good tucker way

For more information contact  
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