



### Spaghetti Bolognese Cups

#### **GREEN**

**Equipment:** Large pot  
Colander  
Scissors  
Chopping board  
Kitchen knife  
Garlic crush  
Measuring cups and spoons  
Frypan  
Large spoon/wooden spoon  
Large bowl  
Grater  
2 x 12-hole muffin pans

#### Makes 18

150g spaghetti  
2 tablespoon olive oil  
1 onion, finely chopped  
500g lean beef mince  
2 garlic cloves, crushed  
410g can tomato puree  
2 eggs, lightly beaten  
1/3 cup plain flour  
1 1/2 cup grated reduced fat cheese  
1/2 cup roughly chopped fresh basil leaves  
1/4 cup roughly chopped fresh parsley

#### **Method**

- Pre heat the oven to 180° C/160° C fan-forced
- Spray a little vegetable oil into 18 holes of two 12-hole (1/3 cup capacity) muffin pans
- Cook spaghetti following packet directions until tender, then drain and set aside to cool for 10 minutes.
- Meanwhile, heat the oil in a large frying pan over medium high heat. Add the onion and cook, stirring, for a few minutes until just softened.
- Add the mince and cook, stirring with a Wooden spoon or fork to break up the lumps, for 5 or 6 minutes or until browned. Add the garlic and mix through.
- Add the tomato puree, bring to a simmer and then cook, stirring occasionally for about 10 minutes or until the mixture is thickened. Remove the pan from the heat and set aside for 10 minutes to cool

- Place the spaghetti into a large bowl and using scissors, cut it into 5cm pieces.
- Add the mince mixture to the spaghetti and then add the egg, flour and half of the cheese and mix well to combine. Stir through the basil and parsley and salt and pepper to taste.
- Divide the mixture evenly among the holes of the prepared muffin pans, pressing the mixture down to compact.
- Sprinkle the remaining cheese evenly over the top of the muffin mixture, then place the muffin pans into the oven and bake for about 20 minutes or until the cheese is melted and golden.
- Once cooked, remove the pans from the oven and leave them to stand for 5 minutes or so. Remove the spaghetti Bolognese cups from the muffin pans and transfer them to a wire rack lined with baking paper and allow them to cool. If they are not to be eaten straight away, store them in an airtight container in the refrigerator.

**Serving suggestion: *The spaghetti Bolognese cups can be served warm or cold and any leftovers are a tasty addition to the school or work lunchbox***

**Source: *Adapted from a recipe on [taste.com.au](http://taste.com.au)***