

Spaghetti Turkey Mince Bol

Swap your usual beef mince with turkey to reduce the fat content of this classic Italian sauce and serve with wholemeal pasta

Course Type
Main Course

Calories
Turkey Mince 267 /
Quorn 194

Serving
2-3 Persons

Duration
35-40 Minutes

Required Ingredients

- 150-175g (5 1/2 - 6oz) dried wholewheat spaghetti
- 2 tsp olive oil
- 1 small red or white onion, finely chopped
- 1 clove garlic, crushed
- 175g (6oz) chopped ripe tomatoes
- 150ml (1/4 pint) passata
- 500g low fat turkey mince / or alternative use Quorn mince for vegetarian option
- 1 tbsp shredded fresh basil leaves, plus extra to garnish
- Freshly ground black pepper / sea salt to taste



Method

1. Cook spaghetti in a large pan of boiling water for 10-12 minutes or according to packet instructions, until tender.
2. Meanwhile, make sauce. Heat olive oil in a non-stick saucepan; add onion and garlic (if using) and sauté for 5-7 minutes or until onion is softened.
3. Stir in tomatoes, peas, passata and mince. Cover and simmer for about 20 minutes or until sauce is hot and tomatoes are softened. Stir in basil; season with black pepper.
4. Drain spaghetti, add spaghetti to sauce, toss to mix well. Serve immediately, sprinkled with extra shredded basil.