

Chicken bolognese

Tip: All-round great meal for getting in those vegetables your child normally won't eat. Red capsicum is one of the best sources of vitamin C. Use the leftovers as a filling in baked potatoes or free for a convenient meal on those 'what do I cook for dinner' nights.

Ingredients

500g of organic chicken mince
1 diced onion
½ an eggplant peeled and diced
1 can of organic tomatoes and a bottle of tomato paste OR a jar of Sacla bolognese sauce or Coles Romano Pasta Sauce
½ cup of water
1 grated zucchini
1 grated carrot
¼ cup of cauliflower finely sliced into speckles
1 grated zucchini
5 chopped mushrooms
¼ cup of finely diced red capsicum
2 cloves of finely chopped garlic
1 tablespoon of olive oil
Spaghetti

Preparation

1. Gently heat the olive oil in a frying pan.
2. Add the mince, eggplant and onion to the oil and brown gently.
3. Add the tomato and tomato paste and blend in with the water.
4. Add the vegetables and garlic.
5. Allow to cook on low for 25–45 minutes, stirring occasionally and mashing with a fork until the mince becomes fine and the vegetables are soft and blended. The meat is cooked when it is fine and the vegetables are blended.
6. Bring a pot of water to the boil and add the required amount of spaghetti.
7. Cook until parboiled or just soft through.
8. Drain and serve with the bolognese and some sprinkled cheese on top.
9. Just as a little something extra a squeeze of lemon or lime juice really makes this dish something special.

Suitable for:

Brekky

Snack 

Lunch 

Dinner 

Supper

Want more recipes? This recipe has been adapted from our Spaghetti Bolognese recipe in our fussy eating recipe book. Check out Sneakys Recipes for Fussy Foodies at www.cadencehealth.com.au

Jargon buster – Check for protein and try to ensure that you have protein in each main meal. Protein foods help immunity, fill up little tummies, make strong muscles, hair, nails and ligaments. Children need about their palm-sized serving in each meal.