

A close-up photograph of several spaghetti bolognese cups. Each cup is a small, round mound of spaghetti topped with a rich, meaty bolognese sauce and melted cheese. The cups are arranged on a white plate, with one in the foreground being the most prominent. The background is slightly blurred, showing more cups and a white tablecloth.

# Spaghetti Bolognese Cups

*Recipe by nutritionist Casey-Lee Lyons from Live Love Nourish*

## SHOPPING LIST

**Makes: 8-10**

### Indooroopilly Fruit

- 1 small brown onion
- 1 garlic
- 1 small carrot
- 1 small zucchini
- 4 eggs

### Andrew's Meats

- 500g beef, lamb or turkey mince

### Coles Supermarket

- Dried basil
- Extra virgin olive oil
- 400g crushed tomatoes
- 140g tomato paste
- Salt and pepper
- 500g spaghetti