

A close-up photograph of several spaghetti bolognese cups. Each cup is a small, round mound of spaghetti, heavily coated in a rich, orange-red bolognese sauce. The top of each cup is topped with a generous amount of melted, golden-brown cheese, which has slightly browned and bubbled. The cups are arranged on a white plate, with some sauce visible on the surface. The background is softly blurred, showing more of the same dish.

Spaghetti Bolognese Cups

Recipe by nutritionist Casey-Lee Lyons from Live Love Nourish

INGREDIENTS

Makes: 8-10

1 tbsp extra virgin olive oil
1 small brown onion, diced
1 clove garlic, crushed
1 small carrot, finely grated
1 small zucchini, grated
2 tsp dried basil
500g beef, lamb or turkey mince
400g crushed tomatoes
1 tbsp tomato paste
Salt and pepper
4 cups cooked spaghetti*
4 eggs, whisked

*Use gluten free spaghetti for gluten free friendly.

METHOD

1. In a large, deep frying pan heat extra virgin olive oil. Add beef, lamb or turkey. Cook until browned and use a spatula to break up mince. Use a spoon to discard any excess fat from cooking. Set aside.
2. In the frying pan add a touch extra olive oil and sauté onion and garlic until fragrant. Add tomato paste, carrot and zucchini and sauté until soft.
3. Add beef to vegetable mix with crushed tomatoes. Simmer for 10-15 minutes to enhance flavours. Meanwhile, pre-heat oven to 180°C.
4. Roughly chop cooked spaghetti into shorter strands. Add to a large mixing bowl. Add mince mixture and combine.
5. Add whisked eggs and combine well.
6. Spoon mixture into an oiled muffin tray and bake in oven for 20 minutes or until egg is cooked through and golden on top.

INDOOROOPILLY

SHOPPING CENTRE



ABOUT THE AUTHOR

Passionate about inspiring others to live a healthy and happy life, naturopath and nutritionist Casey-Lee Lyons shares her healthy recipes, free from gluten, dairy and sugar, in a refreshing and simple way.

Her easy-to-understand nutrition and lifestyle advice has helped many people improve their health and vitality and to live their healthiest and best life.

To download her free recipe e-book or to browse through hundreds of delicious recipes visit www.livelovenourish.com.au or follow Live Love Nourish on social media:
Instagram @livelovenourishaus
Facebook @livelovenourish

INDOOROOPILLY
SHOPPING CENTRE