THE LIGHTER PLATE METHOD

One-Pan Turkey and Courgette Bolognese

A lighter take on a family favourite — grated courgette and carrot bulk it out without anyone noticing.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**25 min**	**35 min**	**4**	**EASY**

Ingredients

- 500 g turkey mince
- 1 onion (finely diced)
- 1 courgette (coarsely grated)
- 1 carrot (coarsely grated)
- 2 x 400g tins chopped tomatoes
- 2 tbsp tomato purée
- 300 g wholemeal spaghetti

Method

1. Heat a little oil in a large pan and cook the onion for 3 minutes until softened.
2. Add the turkey mince and cook, breaking it up, until browned all over.
3. Stir in the grated courgette, carrot and tomato purée, and cook for 2 minutes.
4. Add the chopped tomatoes and a splash of water, then simmer for 18–20 minutes, stirring occasionally.
5. Meanwhile, cook the spaghetti according to the pack instructions. Drain and toss through the sauce to serve.

Storage & reheating

The sauce freezes well for up to 3 months. Reheat until piping hot, adding a splash of water if needed.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE

465	**34g**	**58g**	**10g**	**9g**

Estimated values, for guidance only. Contains: Gluten.