

Turkey Bolognese

Prep Time: 20 minutes

Cook: 20 minutes

Serves: 4

Ingredients

500g lean turkey breast mince
1 red pepper, deseeded and finely diced
1 large courgette, trimmed and finely diced
1 large carrot, grated
1 x 500g jar original bolognese sauce
200g fusilli
50g frozen peas
Parmesan to serve

Method

Cook the turkey mince in a large nonstick pan over a medium heat for 3 minutes, using a wooden spoon to break up any lumps. Increase the heat to high and cook for a further 2 minutes until the cooking juices have mostly evaporated and the turkey is golden.

Add the pepper, courgette and carrot to the pan and cook, stirring for 2 minutes. Pour in the bolognese sauce and bring to the boil. Cover and simmer over a low heat for 10 minutes.

Meanwhile, bring a large pan of water to the boil, add the pasta and cook for 5 minutes. Add the peas and corn and cook for a further 3 minutes until tender. Drain.

Stir the drained pasta corn and peas into the sauce, then season and serve topped with the grated parmesan.