

**healthy body**



**healthy mind**

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### **Bolognese with baked Aubergine**

1 packet of extra lean beef mince 500g  
2 tins of chopped tomatoes  
1 small glass red wine  
1 onion  
2 clove of garlic  
2 tbsp of tomato puree  
6 mushrooms  
1 red pepper  
2 carrots  
2 tsp of Worcester sauce  
2 Bay leaves  
2 tsp dried oregano  
2/3 Aubergines

#### **Method**

Soften the onions, carrots and pepper in a pan with a drizzle of olive oil.

Add the mince meat and cook off until it turns grey before adding the garlic, bay and oregano.

Now add the mushrooms, chopped tomatoes, puree and a small glass of wine.

Once it starts to simmer, cover and transfer it to a pre-heated oven at 200c for 35/40 minutes.

Slice the aubergines in half then half again and season by rubbing with a cut clove of garlic a drizzle of olive oil and some salt and pepper.

These can be baked in the oven with the Bolognese for the remaining 25mins.