

Red curry spaghetti bolognese

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Red curry spaghetti bolognese

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Spaghetti bolognese is a classic in its own right, but this Asian-inspired twist on the original makes the red curry bolognese that much more delicious!

I used a traditional Italian mixture of [pork](#) and veal, but chicken, beef or turkey would work as well. The following recipe serves four, but it can be easily divided in half, or made and packed for lunch the next day or frozen for another. Feel free to use rice noodles or gluten-free spaghetti for a gluten-free version.

Ingredients (serves 4)

- 250g pork mince
- 250g veal mince
- 2 tbsp coconut oil
- 1 brown onion, diced finely
- 1 (400g) can crushed organic tomatoes
- 2 cups water
- 1 tsp Chinese five spice powder or ground cinnamon
- ¼ cup [red curry](#) paste
- ½ cup peas, fresh or frozen
- ½ cup shelled broadbeans or edamame, fresh or frozen

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- 200g dry spaghetti pasta or gluten-free pasta

To serve

- Sliced red long chilli
- Freshly chopped coriander leaves
- Lime wedges

METHOD

Place mince pork and veal in a bowl and break into chunks.

Heat oil in a large pot over high heat and add broken up mince. Cook for about a minute then stir to help the mince brown and cook evenly for another three minutes or so. Add onion, can of chopped tomatoes, water, five-spice powder and red curry paste. Stir well. Bring to a gentle boil and add spaghetti. Cook, folding the pasta into the liquid occasionally, for 10 to 12 minutes or until the pasta is al dente. Add peas and broadbeans (or edamame), mix in and cook for a further minute for them to heat through.

Divide between serving bowls. Top with freshly chopped coriander, chilli and lime wedges.

Recipe from Martyna Angell, The Wholesome Cook.

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