

# **Turkey and Quinoa Bolognese with Butternut Squash**

## **Spaghetti**



This is a super quick recipe that tastes great and is packed with protein. Although I have a spiralizer, I cut corners and bought ready – spiralized butternut squash. Squashes are pain to peel and chop! It's also a big time saver 😊

You'll need

- 500g Turkey mince
- 1 courgette, diced
- 1 onion, diced
- 1 carrot, diced
- 1 pepper, diced
- 2 sticks celery, diced
- 2 tins chopped tomatoes
- 2 cups dried quinoa
- 2 large handfuls of baby spinach, washed
- 1 cup of fresh basil leave, chopped
- 1 Butternut squash, spiralized or a pack of ready made
- 1 Avocado and salad leave to serve – optional

Start by putting a little oil in a large pan and gently frying the carrot, celery and onion until soft. Once softened add the pepper and courgette and continue to cook on a low heat for another 5 mins – add a little water instead of extra oil if you need to.

Turn the heat up a little and add the turkey mince, stirring and breaking up any lumps as it cooks. Add the tomatoes then fill up the 2 empty tins with water and pour these in too along with the quinoa. Bring to the boil and simmer for 25-30 mins.

In the mean time you can steam the squash for 2-3mins.

Just before the bolognese has finished cooking stir in the basil and the spinach. The spinach will wilt down in less than 2 minutes.

Serve along with some salad leaves and avocado.