

Spiral mince bakes



A DELICIOUS OVEN-BAKED DISH THAT TAKES THE CLASSIC SPAGHETTI BOLOGNESE AND DRESSES IT UP IN A SNAZZY NEW JACKET.

INGREDIENTS

- 125 g **spaghetti**
- 15 ml (1 Tbsp) **cooking oil**
- 250 g lean beef **mince**
- ½ medium **onion**, finely chopped
- 1 clove **garlic**, crushed
- 5 strips (about 80 g) rindless streaky **bacon**, finely chopped
- 15 ml (1 Tbsp) **tomato paste**
- 5 ml (1 tsp) **Spur Seasoning Salt**
- Freshly ground **black pepper**, to taste
- 30 ml (2 Tbsp) fresh, chopped **basil** or 10 ml (2 tsp) dried basil
- 125 ml (½ cup) **Spur Grill Basting Sauce**
- 45 ml (3 Tbsp) **Spur Salad & French Fry Dressing**
- 1 extra-large **egg**, beaten
- Fresh, chopped **parsley**, for garnishing



METHOD

1. Cook spaghetti in salted boiling water. Drain and place in base of six greased ramekins.



2. Heat oil in a heavy-based frying pan. Add mince and fry until colour changes. Add onion, garlic and bacon and sauté for a few minutes until soft.
3. Stir in tomato paste and remove from heat. Add **Spur Seasoning Salt**, pepper, basil, **Spur Grill Basting Sauce**, **Spur Salad & French Fry Dressing** and beaten egg and mix well. Spoon on top of spaghetti spirals.
4. Bake at 180°C for 15 minutes until set. Garnish with parsley.

COOKING TIP

1. For fun party portions, bake in strong grease-proof paper cups.