

Nutrition Facts

Servings Size: 1/4 Pan
Recipe Makes: 4 Servings

Amount Per Serving

Calories

451

Total Fat 11.5g

Total Carbohydrate 47g

Protein 40g



Cheesy Bolognese Crispy Potato Bake

INGREDIENTS FOR POTATOES:

- 800g Potatoes Cubed
- 8g Parmesan Cheese
- Paprika
- Garlic Powder
- Basil
- Oregano
- Sea Salt

INGREDIENTS FOR BOLOGNESE:

- 16oz 96/4 Lean Ground Beef
- 5 Slices Center Cut Bacon
- 150g Diced Onion
- 150g Diced Carrots
- 75g Diced Green Peppers
- 75g Diced Red Peppers
- 2 Cloves Minced Garlic
- 25g Tomato Paste
- Big Pinch Italian Seasoning
- Reduced Sodium Chicken Broth
- 200g Low Fat Marinara
- 84g Part Skim Mozzarella

1. Preheat your stove top pan to a 7/10 heat. Add your diced peppers, onions and carrots. Cook for a few minutes and then add sea salt and a splash of chicken broth or water. Once they are starting to caramelize, add your garlic.
2. Now add your diced bacon and cook for a few minutes. Then add your ground beef and cook for a few minutes till it starts to brown.
3. Now add your tomato paste, chicken broth, low fat marinara, and italian mixed herbs. Cook on low heat for 20-30 minutes.
4. Cube your potatoes and add to a bowl. Spray with non stick cooking spray and season with paprika, garlic powder, sea salt, basil, oregano and parmesan.
5. Air Fry these on 400 Degrees F for 15-20 minutes or until golden.
6. Once done, add on top of the bolognese and top with mozzarella. Add to oven on 400 degrees F till the cheese is golden. Then enjoy!