



## Golden Spaghetti Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>25</b>
<b>Serving Size</b>	<b>9</b>

### Ingredients:

- 2 Tbsp oil
- 2 Tbsp garlic, crushed
- 1/3 cup onion, red, chopped
- 250 g beef, ground
- 3/4 cup water
- 2 cup carrot, coarsely grated
- 1 tsp salt
- 1/4 tsp pepper, black
- 1 pouch DEL MONTE Sweet Style Spaghetti Sauce (560g)
- 1 pack DEL MONTE Spaghetti (400g), cooked
- 1/4 cup cheese, grated

### Preparation:

1. Sauté garlic, onion, and beef. Add water, carrots, salt, and pepper. Simmer for 5 minutes.
2. Add DEL MONTE Sweet Style Spaghetti Sauce. Simmer for another 5 minutes.
3. Pour sauce and mix with DEL MONTE Spaghetti. Top with grated cheese.

### Chef's Tip

An easy way to sneak vegetables into your child's diet is adding them into dishes they already love like this beef spaghetti dish. Grating the carrots makes it easy to incorporate into the meat and sauce.

### Lusog Notes

This Golden Spaghetti recipe is high in vitamin A, which is helpful in keeping the immune system healthy and it is also a source of protein that is essential for growth and development.

### Cooking Skills Needed

- Boiling
- Sautéing
- Simmering

### Cooking Tools

- Chopping Board
- Pot
- Wooden Spatula