

Spaghetti bolognese cups – makes 8

100gm cooked spaghetti
300gm Beef Bolognese sauce
1/3 cup mozzarella, grated
1/2 cup tasty cheese, grated
1/4 cup plain flour
1 egg

1/2 cup fresh basil, chopped finely
1/4 cup fresh parsley, chopped finely

1. Switch oven on to 180C.
2. Line a muffin tin with eight paper cases or lightly grease a muffin tray.
3. Cut cooked spaghetti into 5cm lengths.
4. In a large mixing bowl, add cooked spaghetti, bolognese sauce, mozzarella and 1/4 cup tasty cheese. Toss in flour and mix through.
5. Add a beaten egg to the spaghetti bolognese mix and combine ingredients thoroughly. Add basil and parsley, mix through.
6. Spoon mixture into muffin tray.
7. Press mixture down to compact.
8. Sprinkle each cup with remaining cheese.
9. Bake cups for 20 minutes or until cheese is melted and golden.
10. Stand in pans for 5 minutes.
11. Serve warm.

