



Spaghetti Bolognese Calzone

Ingredients

- 1 g For the dough:
- 0.5 tbsp Dried yeast
- 0.67 cup Water
- 0.5 tsp salt
- 1 tbsp Sugar
- 1 tbsp Olive oil
- 2 cups Flour, plus more for dusting
- 1 g For the bolognese sauce:
- 0.5 tbsp Vegetable oil
- 250 g Lean minced beef
- 1 tsp dried oregano
- 1 Medium Onions, finely chopped
- 2 Cloves Garlic, finely chopped
- 0.5 cup Hot Water
- 2 cubes MAGGI® Chicken Bouillon
- 1 can Tomato with juice
- 1 tbsp Dried basil
- 0.5 cup Frozen green peas
- 0.5 cup Carrots, baby, raw
- 200 g Spaghetti
- 8 cups Water
- 2 cups Mozzarella cheese, grated
- 1 tbsp Olive oil

Instruction

1. Preheat oven to 190°C and position oven rack at mid-level.
2. To prepare the dough - In a mixing bowl dissolve yeast in warm water and allow to sit for 10 mins until frothy on top.
3. Stir in salt, sugar, olive oil and gradually mix in the flour until all the flour is incorporated and the dough is smooth. Add more flour if dough is sticky. Cover with a damp tea towel and allow to sit in a dark and draft-free place until doubled in size
4. To prepare the Bolognese sauce - heat vegetable oil in a medium sauce pan, add minced beef and fry until half cooked. Add onions, oregano and garlic and allow to cook until onions are soft and beef is fully cooked.
5. Add hot water , MAGGI® Chicken Bouillon, tomatoes and basil and allow to simmer on medium heat for 15 mins. Add peas and carrots to the sauce and simmer for an additional 5 mins.
6. Meanwhile cook pasta in boiling water until al dente. Drain, discard water, and add to the meat sauce. Simmer for another 5 mins in sauce until pasta is soft. Allow the pasta and meat sauce to cool slightly.
7. Press dough to push out the air bubbles, cut into 8 equal pieces and roll-out each piece on a floured surface to about 15-20 cm in diameter and 3-4 mm thick.
8. Place 1/8 of the filling in the center of the flat dough, top with 1/8 of the grated Mozzarella cheese and fold over the dough to form a calzone shape and press down to seal the edges.
9. Slightly brush with olive oil and make a small incision in top of each calzone to allow steam to come out.

10. Bake on a cookie sheet in an oven for 10-15 mins or until dough is cooked and golden on top and bottom.

Nutrition

50 Minutes

Carbohydrates	57.67 g
Energy	388.09 kcal
Fats	7.02 g
Protein	24.51 g

8 Servings