

Oven-Roasted Vegetable Beef Spaghetti

A hearty spaghetti dish featuring a rich, smooth roasted vegetable sauce blended from oven-baked eggplant, onion, tomatoes, red paprika, and garlic, combined with savory pan-seared beef for a flavorful meal.


50 min

Total time

Medium

Difficulty

650

kcal / serving

Ingredients

- 100g spaghetti
- 1 small eggplant
- 1 medium onion
- 2 medium tomatoes
- 1 red paprika (red bell pepper)
- 1 clove garlic
- 150g ground beef or beef strips
- 1 tbsp olive oil
- Salt to taste
- Black pepper to taste
- 1/2 tsp smoked paprika
- 1/4 tsp dried oregano
- 1/4 tsp chili flakes (optional)
- Fresh basil or parsley (optional, for garnish)

Steps

- 1 Preheat the oven to 200°C (400°F).
- 2 Cut the eggplant, onion, tomatoes, and red paprika into roughly equal chunks. Peel the garlic clove.
- 3 Place all vegetables and garlic on a baking tray, drizzle with olive oil, and season with salt and a pinch of black pepper.
- 4 Roast in the oven for 25-30 minutes until vegetables are soft and slightly caramelized.
- 5 Meanwhile, cook the spaghetti according to package instructions until al dente. Drain and set aside.
- 6 Once vegetables are roasted, transfer them to a blender. Add smoked paprika, dried oregano, and chili flakes if using. Blend until smooth; add a little water or olive oil if needed to adjust consistency.
- 7 In a pan over medium heat, cook the beef with a pinch of salt and pepper until browned and cooked through. Drain excess fat if necessary.
- 8 Pour the smooth roasted vegetable sauce into the pan with the beef and simmer together for 5 minutes to combine flavors.

9 Toss the cooked spaghetti with the meat and sauce mixture.

10 Serve hot, garnished with fresh basil or parsley if desired.