BOLOGNESE WITH PASTA

- 4g Mini Pasta Shells (from Boots baby food department)
- 50g Chestnut Mushrooms
- 25g Tinned Chopped Tomatoes
- 2g GIA Tomato and Garlic Paste
- 6g Cheddar Cheese – finely grated
- 6g Bacon Rashers - streaky
- 23g Olive Oil
- 7g Butter
- 1g Knorr Stock Cube
- Pinch of Dried Herbs

Fry the chopped bacon in the butter.
Add chopped mushrooms with a pinch of dried herbs and fry for 3 minutes.
Add tomatoes, olive oil and Gia paste, PLUS 1g Knorr stock cube and 30mls water.
Simmer for a few minutes.
Boil mini pasta shells as directed. This is a small portion but looks better than one or two twirls.

Place Bolognese in serving dish, together with the pasta and finely grated cheese.

Mo's Tip: It is easy to batch and freeze the Bolognese, cooking pasta fresh as required.

For Modified Ketogenic Diet:

Normal portion of bacon can be used and increase the amount of cheese to taste.
The mini pasta shells can be replaced with ‘Miracle Noodles’ or ‘Shiritaki Noodles’
or even beaten egg which is fried into a very flat omelette and then shredded so it can be used in place of pasta and then serve with a green salad.

All our recipes are tried and tested to ‘Little Matty’s’ prescription. Little Matty is a fictitious character and all of his recipes will need to be adapted to EACH INDIVIDUALS prescription. Please take these recipes to your dietitian and he/she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION