Noodle Bolognese

- 14g Beef, mince, raw
- 14g Spring onions, bulbs and tops, raw
- 28g Tomatoes, canned, whole contents
- 135g Miracle Noodles
- 22g Mushrooms, common, raw
- 15g Olive oil
- 2g Cheddar cheese – CATHEDRAL CITY
- 22g Calogen
- 4g Butter

You will also need a little Gia Tomato & Garlic paste, a pinch of mixed herbs & a little bit of stock cube.

Drain & rinse the noodles in running cold water then leave in fresh cold water while you make the sauce.*

Fry the mince & chopped onion in the olive oil for 3 mins

Add the chopped mushroom cook for 2 mins add tomatoes Gia paste, herbs, stock cube & 20mls of water. Cook for 10 mins.

Drain the noodles well then put into fresh cold water and bring to the boil simmer for 1 min. Drain then put the Calogen & butter in the the pan heat to melt butter then toss in the noodles.

Serve Noodles with the bolognese with grated cheese on top (or you can add the cheese to the noodles)

*Although the noodles have a slight fish aroma this does not seem to come thru in the taste!

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.

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