NOODLES BOLOGNESE

- 14g Spring onions
- 22g Mushrooms
- 15g Olive oil
- 2g Cheddar cheese – CATHEDRAL CITY MATURE
- 28g Tomatoes – canned
- 4g Butter
- 3g Cornflour
- 13g Beef mince
- 135g Noodles - MIRACLE or SKINNY PASTA
- 22g Calogen

You will also need a little GIA garlic paste, a pinch of mixed herbs and 1/8th KNORR cube.

Drain and rinse the noodles in running cold water, then leave in fresh cold water while you prepare the sauce.

Chop the mushrooms and onions.

Fry the mince and onions in the olive oil for three minutes.

Add the mushrooms, cook for 10 minutes, add tomatoes, garlic paste, herbs, cornflour, stock cube and 100mls of water.

Drain the noodles well, put them in to fresh water, bring to the boil and simmer for 1 minute, drain.

Put the Calogen and butter in a pan, heat to melt the butter then toss in the noodles.

Serve noodles with the sauce topped with grated cheese.

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

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