BOLOGNESE COURGETTI

- 60g Beef mince
- 25g Spring onions
- 40g Chopped tomatoes - NAPOLINA
- 30g Mushrooms
- 50g Courgette
- 10g Tomato puree – MORRISONS double concentrate
- 18g Olive oil
- 5g Parmigiano Reggiano – WAITROSE grated
- 2g Garlic paste - GIA

You will also need a good pinch of mixed dried herbs, ¼ - ½ stock cube, some water and a little seasoning.

Reserve the courgette.

Chop the onions and mushrooms.

Place 12g of the oil in a pan and gently fry the onions until soft.

Add the mince and fry for a further 3 minutes, then stir in the chopped tomatoes and mushrooms. Cook for a further 2 minutes.

Add the tomato puree, garlic paste, herbs, stock cube and a little water, gently simmer for 10 minutes.

Meanwhile make the ‘spaghetti’ with the courgette using a spiralizer.

Place this in a little hot water with a pinch of salt and cook for a few minutes until tender. Drain well and toss in to the remaining olive oil.

Serve with the sauce sprinkled with the grated Parmigiano cheese.

Mo’s tip: Other parmesan cheeses are OK, just check the values.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

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