



Rest. Veg.	Free Veg.	Protein
1	2.5	3

Courgetti Bolognese

This weight loss recipe is so filling yet refreshing, full of flavour – and by using courgette instead of pasta means you will save yourself a heap of calories and you won't finish up with that awful bloated feeling that we all hate.

Courgettes are full of fibre, which promotes healthy digestion (with just one serving you get about 10% of your daily-required dose) and better again, the fibre content of this vegetable doesn't reduce when they are cooked.

Courgettes also help to boost your immune system as they're full of vitamin C providing about 1/3 your required daily dose.

Ingredients

- 2 large onions(400g) finely chopped
- 200g button mushrooms thinly sliced
- 2 garlic cloves crushed
- ½ tsp paprika
- 1 ½ tsp oregano
- 360g lean beef mince
- 1 x 400g can chopped tomato
- 250 ml beef stock
- 1 level tbsp Worcestershire sauce
- 3 medium courgettes (500g)
- Low calorie cooking spray
- Salt and pepper

Directions

1. Spray a pan with low calorie cooking spray and cook the onions and garlic for 2–3 minutes until just softened.
2. Stir in the mince and cook for 3–5 minutes until browned. Stir in the mushrooms and cook for 1 minute.
3. Add the chopped tomatoes, stock and Worcestershire sauce. Season lightly and bring to the boil.
4. Reduce the heat and simmer for about 15 minutes until reduced and thickened. Check the seasoning.
5. Meanwhile, prepare the courgette. Wash your courgettes and cut off both ends.
6. If you have a vegetable spiralizer, spiralize courgettes into a large bowl. Or you can buy courgetti in pre-made bags.
7. Spray a large pan with low cal cooking spray on a medium to high heat and add spaghetti sliced courgette, season with salt.
8. Stir to cook for 3-5 mins.
9. Pour Bolognese over your courgetti and serve up!