



# Healthy Bolognese

## What You Need:

- 180g beef mince (free range if possible)
  - 1 small onion, diced
- 1 clove garlic, finely chopped or crushed
  - 1 small carrot, grated
  - 1 small zucchini, grated
  - 1/2 stalk celery finely chopped
- 1/2 cup button or swiss brown mushrooms sliced
- 1 400g can chopped tomatoes, no added sugar
  - 25g clean good quality tomato paste
  - 1/2 tbsp dried oregano
- a small handful of fresh basil and thyme chopped  
finely stems removed
  - 1 tbsp balsamic vinegar
  - 1/2 tbsp honey
- sea salt and fresh ground pepper for taste

## What to Do:

1. In a large pan or a pot with a lid, sauté onions and garlic in a splash of olive oil or butter over a low to medium heat, for a couple of minutes until they start to soften, but not brown.
2. Add the mince and herbs (excluding basil) and cook until it just starts to brown (about 5 minutes) then add the vegetables, tomatoes (and tomato paste if using). Stir in balsamic vinegar and honey.
3. Place the lid ajar the pan. Simmer until the sauce starts to thicken, minimum 30 minutes. The longer you can let it simmer, the richer the sauce will become.
4. Turn off the heat and stir in the basil. Serve with wholemeal spaghetti or low carb alternative, or even on its own.  
\* I also like to serve with a simple green salad.

what bliss! Loaded spaghetti bolognese, not only easy and delicious but seriously power packed! A little family favorite of ours.