

SPAGHETTI BOLOGNESE

Serves: 4



Prep time: 10 minutes
Cook time: 40 minutes

Method:

Heat olive oil in a large pan. Add onion, garlic, celery and carrot and cook stirring for 4-5 minutes until beginning to soften. Add mince and continue to cook until lightly browned. Sprinkle Kfibre over mince, add canned tomatoes and beef stock. Reduce heat to low and simmer for 30 minutes until liquid has reduced. Stir in worcestershire sauce and tomato paste. Season to taste with salt and pepper.

Meanwhile, cook pasta to packet directions. Drain and serve with bolognese sauce and parmesan cheese

You will need:

- 1 tbsp olive oil
- 1 onion, diced
- 2-3 cloves of garlic, crushed
- 1 stalk of celery, diced
- 1 carrot, diced
- 500g beef mince
- 1 tbsp Kfibre
- 1 can chopped tomatoes
- 1 cup beef stock
- 3 - 4 tbsp Worcestershire sauce
- 2 tbsp tomato paste
- Salt & pepper
- 400g dried spaghetti
- Parmesan cheese to serve

Low FODMAP:

- Omit onion and garlic and replace with onion and garlic infused oil.
- Use low FODMAP beef stock

Dairy free: Omit or use dairy free parmesan

Gluten Free: Use gluten free spaghetti