**Stay Fit, Stay Healthy, Stay Happy**

**Katie and Hannah’s  
Courgetti Bolognese**

**Preparation Time**

**5 – 10 minutes**

**Cooking Time**

**15 - 20 minutes**

**Serves 2**

**What will I need?**

250 g lean minced Beef

½ onion, chopped

1 tin of chopped tomatoes

1 tablespoon of tomato puree

A pinch of dried oregano

2 courgettes

**What will I need to do?**

1. Spiralize the courgettes to make noodles and set aside.

2. Spray a frying pan/wok with low fat cooking spray.

3. Add onions and gently fry over a medium heat for a couple of minutes.

4. Add mince to the pan and fry for 5 minutes or until brown.

5. Add the tin of chopped tomatoes, tomato puree and the oregano to the pan and simmer for approximately 15 minutes.

6. Bring a pan of water to the boil and add the courgetti noodles and return to the boil.

7.Once the water is boiling, reduce the heat and simmer for 2 to 3 minutes.

8. Once cooked, strain the courgettes and serve with the meat sauce.

**Top Tips**

**The recipe uses courgetti noodles instead of spaghetti to make the dish healthier.   
If you are not keen on courgettes, use spaghetti instead.**

**If you do not have a spiralizer, you could use a vegetable peeler to create ribbons instead.**