

# LighterLife Management

## Week 2 Recipes:

### Courgetti spaghetti Bolognese

We love this light, veggie-packed alternative to the classic Italian pasta dish.

**Serves: 1**

Nutrition per serving:

285 kcal, 31g protein, 24g carbs, 7g fat, 4g fibre

#### Ingredients:

- ½ red onion, chopped
- 1 garlic clove, minced
- 1 stick celery, chopped
- 200ml stock (from LighterLife Savoury Broth)
- 100g lean minced beef
- 200g canned chopped tomatoes
- 1 tbsp tomato purée
- 1 tsp Italian mixed herbs
- 1 tbsp chopped fresh basil
- Pinch powdered sweetener
- Freshly ground black pepper
- 1 large courgette

#### Method:

1. Cook the onion, garlic and celery in a splash of the stock in a non-stick saucepan until softened.
2. Add the beef and cook, stirring occasionally, until browned.
3. Stir in the rest of the stock and all the other ingredients apart from the courgette. Bring to the boil then reduce the heat, cover and simmer for 40 mins.
4. Meanwhile, spiralise the courgette or cut into thin ribbons lengthways with a vegetable peeler and steam or poach in boiling water for a couple of minutes until just tender, then serve with the Bolognese sauce.

#### Tips:

- Courgetti are great in stir-fries – just add them a couple of minutes before everything else is cooked.
- You can also spiralise butternut squash to make noodles (“boodles”).