



Alström Syndrome UK
Strength for today, hope for the future

Stay Fit, Stay Healthy, Stay Happy

Katie and Hannah's Courgetti Bolognese



Preparation Time
5 – 10 minutes

Cooking Time
15 - 20 minutes

Serves 2

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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.