

Low-carb Bolognese

Serves 2

What you'll need:

Main ingredients	Fresh/ frozen	Store cupboard
<ul style="list-style-type: none">• Minced beef, 450g• Cabbage, or your preferred greens	<ul style="list-style-type: none">• Onion, x1 roughly chopped• 1-2 Garlic cloves, grated or minced• Tin of tomatoes• Parmesan cheese	<ul style="list-style-type: none">• Dried oregano or basil, 1-2 tsp• Tomato purée, 1-2 tbsp• Salt & Pepper• Olive oil

Method

1. In a frying pan on a medium heat, soften some onion and dried oregano or basil in a tablespoon or two of olive oil.
2. Increase to medium/high and add the mince, breaking it up with a wooden spoon, cook for about 8-10 mins until browned.
3. Lower the heat, add a minced clove of garlic, a tablespoon or 2 of tomato purée, a tin of tomatoes or roughly chopped fresh ones, some salt and pepper and simmer for at least 20 minutes. Stirring occasionally. If you can, prepare this the day before or an hour or 2 before you want to eat to allow the flavours to deepen.
4. While the bolognese sauce is almost done, prepare your preferred side. I like to thickly slice a hispi cabbage into ribbons and steam with a little water, some butter and salt & pepper. Or, cut broccoli and/ or cauliflower into florets and boil for 5-6 minutes in salted water. If you have a spiraliser you can make courgetti noodles.
5. When everything's cooked it's time to plate up. Season with salt & pepper if needed, and sprinkle over some grated parmesan cheese and fresh basil if you have it.

Notes & tips

use your favourite fresh herbs, I didn't have any so used 2 teaspoons of dried oregano instead

onions use what you have; any onion or even a leek will work in this recipe

'soffritto' typically used instead of just fried/ softened onion for more flavour. If you have time, finely dice some celery and carrot and soften them with the onion at the beginning. This works; 1 onion, 1 celery rib and 1 medium carrot

cheese i used parmesan but pecorino, feta, cheddar or a mix would be nice...

low carb these simple swaps help modify evening meals to low-carb: <https://www.purition.co.uk/blogs/articles/simple-swaps>