

# GlucoMen

## Recipes

### Spaghetti Bolognese

**Serves 4**

#### **Ingredients**

2 x tablespoons of extra virgin olive oil  
1 medium onion chopped  
2 cloves of garlic chopped finely  
250g mushrooms chopped  
500g extra lean beef mince  
Half glass red wine (optional)  
1-2 tbsp Worcestershire sauce for flavour  
2 x 400g tins of chopped tomatoes  
Cooked pasta, to serve 200g per person  
30g Parmesan cheese, grated, to serve

#### **Method**

1. Heat one tablespoon oil in a large saucepan over a high heat and fry the mushrooms, onions and garlic, stirring occasionally, until soft and any liquid in the saucepan has evaporated – about 5 minutes. Add another tbsp of oil to the saucepan, and then add the mince. Stir to break it down and continue cooking until it's nicely browned.
2. Stir in the wine, if using. Bring to the boil, then turn down heat to medium and simmer until most of the liquid has evaporated.
3. Add the chopped tomatoes & the tbsp of Worcestershire sauce bring to the boil, then cover with a lid and simmer for 30 minutes, stirring occasionally.
4. Serve with cooked pasta, topped with grated cheese.

| <b>Nutritional Content</b> | <b>Per portion</b> | <b>Traffic Light colour</b> |
|----------------------------|--------------------|-----------------------------|
| Energy ( kcal)             | 509                | x                           |
| Carbohydrate (g)           | 53.5               | x                           |
| Sugars (g)                 | 8                  | Green                       |
| Fat (g)                    | 15.5               | Amber                       |
| Saturated fat (g)          | 5                  | Green                       |
| Salt (g)                   | 1                  | Green                       |