



# ZUCCHINI NOODLE BOLOGNAISE

## INGREDIENTS

- 1 x 300 g packet of zucchini noodles
- 3 teaspoons sea salt (use 2 teaspoons for the zucchini and 1 teaspoon to season the dish)
- 170 g bacon, diced
- 1 yellow onion, diced
- 3 celery sticks, diced
- 4 carrots, diced
- 2 teaspoons crushed garlic
- 1 kg fresh beef mince
- 236 ml canned coconut milk
- 236 ml beef stock
- 1 teaspoon dried Italian herbs
- 300 g tomato paste
- sea salt and black pepper to season
- 125 g shaved Parmesan

## METHOD

1. Place the zucchini noodles in a colander and sprinkle with salt to release the moisture. Leave it over the sink to drain for approximately 15 minutes. Rinse the zucchini well under cold water and then let it drain for another 10 minutes. Remove it from the colander and place it on a kitchen towel to dry. Pat the zucchini with paper towels.
2. Fry the diced bacon on a high heat in a large saucepan then remove from the pan and place to one side.
3. In the same pan, fry the onion, celery and carrots until the onions appear translucent. Add in the garlic and cook for another minute.
4. Lastly, add your beef and stir until it is cooked through. Then add the coconut milk, beef stock, tomato paste, Italian herbs and crispy bacon. Reduce the heat and let it simmer for 15 to 20 minutes on low.
5. Season to taste with sea salt and black pepper.
6. Add the zucchini noodles and cook for 5 minutes more before serving. Garnish with Parmesan shaves.

**Low carb variation on  
the traditional bolognese dish** ✓

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**PREP TIME** 20min  
**COOK TIME** 25min  
⌚ **TOTAL** 45min  
**SERVES** 4