

# SPAGHETTI BOLOGNESE

*with extra veggie goodness*

*Serves 4-6 | Gluten & Dairy Free*

## Ingredients

2 tablespoons of cold-pressed coconut oil or extra virgin olive oil  
4 garlic cloves, finely chopped  
1 brown onion, finely chopped  
500g grass-fed beef mince  
2 x 400g can diced tomatoes  
2 tablespoons tomato paste  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
2 zucchinis, shredded  
2 carrots, shredded  
Pasta of choice (I like lentil pasta, buckwheat or gluten free pasta – can all be found at Woolworths)

## Method

Heat oil in large pan and lightly brown garlic and onion. Add mince and lightly brown, stirring throughout. Add tomatoes and tomato paste, cinnamon, nutmeg, salt and pepper. Stir through shredded zucchini and carrot. Simmer for 10 minutes, turn off heat and set aside. Cook pasta as instructed. Serve in a bowl and add guacamole as an added option.