

Paleo Spaghetti Bolognese



Ingredients

- 1 pound mince meat
- 1tbs oil
- 1 onion, diced
- 2 garlic cloves, finely chopped
- 2 x 14.5 oz tomato pasta sauce (preservative free)
- 2tsp sage, ground
- 2tsp mixed herbs
- 2 large zucchini, sliced into long noodles

Preparation

- Fry the onion and garlic in a medium sized pan until browned.
- Add mince meat, stirring constantly to remove lumps.
- When mince meat has browned, add sage and mixed herbs, cook for 2 minutes.
- Add tomato pasta sauce, cover and leave to simmer for 20-30 minutes.
- Steam zucchini noodles in water for 2 minutes then drain.
- To serve, spoon sauce over zucchini noodles.

PS. Take a Look At These Paleo Diet Resources

- **Paleo Guide**
<http://www.total-health-fitness.com/paleo-guide/>
- **Paleo Meal Plan**
<http://www.total-health-fitness.com/paleo-meal-plan/>
- **Paleo Food List**
<http://www.total-health-fitness.com/paleo-diet-food-list/>
- **Paleo Recipe Book**
<http://www.total-health-fitness.com/info/paleorecipebook.php>