**Spaghetti Bolognaise without the spaghetti**

*\_4 people\_*

*So exciting – you must try this recipe! Once you start eating this healthy, interesting bolognaise, you can’t stop!*

**Ingredients:**

2 T olive oil

1 onion diced finely

½ green pepper diced finely

1 t garlic

500g mince

Salt and pepper to taste (no need for other spices)

1 cup mushrooms

1 x Tinned tomatoes

½ cup water

1 T Carb smart tomato sauce

1 T Carb smart BBQ sauce

1 T Carb smart chutney

1 T balsamic reduction

2 baby cabbage sliced finely

**Method:**

1. Heat the oil in a large pan over low heat. Add the onion and green pepper and cook until soft, about 5 – 10 minutes. Add the garlic and mince and cook for another 10 – 15 minutes until the mince starts to brown. Remember salt and pepper!! Finally add the mushrooms, tinned tomatoes and the water. Once the sauce has thickened, add the Carb smart ingredients as well as the balsamic reduction until caramelised! This will take the Bolognaise to another level – it is just wonderful and a smart choice! Try not to eat spoonsful of the Bolognaise while you are waiting for it to caramelise 😊
2. Heat a frying pan over a high heat and add a dash of olive oil. Add the finely sliced cabbage and stir fry for 3 – 4 minutes or until just tender. And WHALA – there you have your guilt free spaghetti!!!!
3. Season with salt, and finish of with a hint of chili and basil leaves.