THE LIGHTER PLATE METHOD

Beef & Courgette Spaghetti

A rich beef ragù served over spiralised courgette instead of pasta.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**20 min**	**35 min**	**4**	**EASY**

Ingredients

- 4 medium courgettes (spiralised)
- 1 onion (grated)
- 500 g passata
- 500 g beef mince
- 2 cloves garlic (crushed)
- 2 tbsp olive oil

Method

1. Heat the oil in a pan and sauté the onion and garlic.
2. Add the beef mince and cook until browned.
3. Stir in the passata and simmer for 10 minutes, seasoning to taste.
4. In a separate pan, sauté the courgette spaghetti briefly in a little oil, then cover and turn off the heat to finish cooking in residual warmth.
5. Serve the ragù over the courgette spaghetti.

Tips & swaps

- Turkey or chicken mince both work well in place of beef.

Storage & reheating

The ragù keeps for 3 days or freezes well; cook the courgette fresh each time.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
340	**28g**	**12g**	**20g**	**4g**

Estimated values, for guidance only.