

Spaghetti Bolognese

This is a family favourite a classic dish, so do not think you have to go without because of your IBS.

Eating gluten free pasta occasionally for those who do not need is ok.

People should not fully go gluten free without good reason.



Ingredients

Serves 6

Passata

- 1 jar of roasted peppers
- 4 tomatoes
- a handful to basil
- 1-2 tsp of dried thyme and basil
- Salt and pepper to taste

Bolognese sauce

- 1 tbsp of garlic infused oil
- 600g of lean minced beef
- homemade passata
- 2 tsp of gluten-free flour and water

- Gluten free spaghetti
- Parmesan cheese

Method

Passata-blend all the ingredients together with a hand blender until smooth add some water if this is too thick.

Bolognese sauce- add the oil to the pan and fry the meat with 3 dessert spoons of the passata until the meat is browned.

Using the remaining passata add to a pan and add two tsp's of gluten free flour and water mix until smooth, cook until thickened and then add to the meat.

Simmer the meat until tender.

Spaghetti- follow the packet for how to cook, be-careful, as you do need to keep moving the pasta to stop it from sticking in the pan. Keep testing it, it should be ready at the point it is still relatively firm but soft enough to eat.

Add the spaghetti and Bolognese to the dish to serve and top with a little parmesan cheese.

If you find that red meat, causes you symptoms choose lean and a small portion- or you could use ½ beef and ½ turkey mince to reduce the amount of red meat contained in the dish.