



ZUUDLES (ZUCCHINI NOODLES) WITH BOLOGNESE MEAT SAUCE							
INGREDIENT	QUANTITY	CALS	PROT. (g)	CARBS (g)	FATS (g)		
GROUND TURKEY (EXTRA LEAN)	1kg	1460	190	0	72		
CREMINI MUSHROOMS	450g	99	11	18.5	0.5		
ONION	1, medium sized	60	1	16	0		
CELERY	1 stalk	10	0.4	1.9	0.1		
CARROT	1, large	31	0.7	7.3	0.2		
GARLIC	6 cloves (2 + 4)	18	1	4	0		
TOMATO PASTE	1 can, 156ml	123	6.5	28	0.75		
TOMATO PUREE	1 bottle, 660ml	158	10.5	32	0		
1% MILK	250 g	52	4	6	1		
RED WINE (OPTIONAL)	1/2 cup	106	0	4	0		
ZUCCHINI	8 large	430	31.3	90.4	8.3		
OLIVE OIL	3 tsp	120	0	0	13.5		
GRATED PARMESAN	1/4 cup	108	9.6	1	7.2		
GRANULATED SUGAR (WHITE)	1 tsp	23	0	6	0		
BATCH TOTAL CALS & MACROS		CALS	PROT. (g)	CARBS (g)	FATS (g)		
		2798	266	215.1	103.55		
PER SERVING TOTAL CALS & MACROS		#OF SERVINGS					
		CALS	PROT. (g)	CARBS (g)	FATS (g)		
		6	466.33	44.33	35.85	17.26	
		7	399.71	38.00	30.73	14.79	
		8	349.75	33.25	26.89	12.94	
		MACRO RATIO			37%	30%	33%

INSTRUCTIONS

TIP: FOR A BIT OF SPICE, TOSS SOME CHILLI FLAKES INTO YOUR SAUCE AS IT COOKS

PREP: DICE THE CARROT, ONION & FENNEL BULB FINELY (OR USE FOOD PROCESSOR TO SAVE TIME). MINCE GARLIC CLOVES. SLICE MUSHROOMS. CHOP HERBS (OREGANO & THYME, 1 TBSP OF EACH).

TIP: TO LOWER THE FAT CONTENT - SUBSTITUTE NON-FAT COOKING SPRAY FOR OLIVE OIL

THE SAUCE: HEAT 1 TSP OF OIL OVER MEDIUM-HIGH HEAT IN A LARGE SAUCEPOT/DUTCH OVEN. ADD PROCESSED CARROT/ONION/FENNEL MIXTURE, ALONG WITH GARLIC (2 CLOVES) & HERBS AND SAUTEE UNTIL SOFT AND ONIONS BECOME TRANSLUCENT. ADD MUSHROOMS AND A FEW PINCHES OF SALT, SAUTEE UNTIL MUSHROOMS BEGIN TO LOSE WATER AND BECOME SHINY. ADD TOMATO PASTE AND COOK, STIRRING CONSTANTLY FOR 1-2 MIN. ADD RED WINE AND COOK, STIRRING FREQUENTLY FOR 5 MIN. ADD IN GROUND MEAT AND STIR TO INCORPORATE. ADD IN MILK AND CONTINUE STIRRING 1 MIN. ADD TOMATO PUREE & SUGAR, AND STIR TO INCORPORATE. BRING TO A BOIL THEN REDUCE HEAT TO LOW AND LET SIMMER UNCOVERED (YOU CAN COVER LOOSELY IF YOU PREFER A THINNER/RUNNIER SAUCE). SEASON TO TASTE WITH SALT & BLACK PEPPER GRADUALLY OVER COURSE OF COOKING TIME (RECOMMEND MINIMUM 2-3 HOURS).

TIP: IF YOU DON'T OWN A VEGETABLE SPIRALIZER, YOU CAN NOW FIND PRE SPIRALIZED VEGGIES AT SOME GROCERY STORES. SPIRALIZERS ARE RELATIVELY INEXPENSIVE THOUGH.

ZUCCHINI: WHILE SAUCE SIMMERS, SPIRALIZE ZUCCHINI AND DIVIDE INTO 4 PORTIONS. HEAT 1/2 TSP OLIVE OIL IN A MEDIUM SIZED SKILLET ON MED-HIGH, ADD 1 OF THE MINCED GARLIC CLOVES AND SAUTEE TILL FRAGRANT. ADD 1 PORTION OF ZUCCHINI NOODLES, TOSS IN OIL & GARLIC UNTIL SLIGHTLY SOFTENED (1-2 MIN), SET ASIDE. REPEAT FOR REMAINING 3 BATCHES OF ZUCCHINI.

TIP: THE LONGER YOU LET THIS SAUCE COOK, THE RICHER AND THICKER IT WILL GET

ASSEMBLE: DIVIDE UP ZUCCHINI NOODLES INTO EQUAL PORTIONS AND PLACE INTO BOWLS. REMOVE SAUCE FROM HEAT AN GIVE IT A GOOD STIR. LET SIT FOR A FEW MNUTES. LADLE SAUCE OVER EACH PORTION OF ZUUDLES IN EQUAL MEASURES (1-2 AT A TIME), UNTIL IT'S ALL USED UP. SPRINKLE WITH PARMESAN CHEESE (APROX 1-2 TSP PER PORTION),

TIP: DON'T LIKE OREGANO? TRY ROSEMARY, OR ADD YOUR OWN FAVOURITE HERBS.

FINISH: TOP WITH FRESHLY GROUND BLACK PEPPER AND/OR CHOPPED HERBS (EG. BASIL) AND/OR MORE CHILI FLAKES...