



**CHLOË BOWLER**  
complete wellbeing

### **COURGETTI TURKEY BOLOGNESE**



#### **Ingredients (Serves 2)**

- 1 onion
- 2 cloves garlic
- 400g turkey mince
- 1 red chilli
- 50g chopped mushrooms
- 3 courgettes
- 200g passata
- Fresh Basil
- Parmesan

#### **Instructions**

1. Start by dry frying the turkey mince, then put to one side.
2. Soften the onion and garlic in a little olive oil.
3. Add the mince, mushrooms, passata and leave to simmer.
4. Using a spiralizer, spiralize 3 courgettes.
5. Place the courgettes in a little olive oil and heat to soften.
6. Season with fresh basil and a little grated parmesan.

**CHLOEBOWLER.COM**