



CHLOË BOWLER
complete wellbeing

QUICK BOLOGNESE COUSCOUS



Ingredients (serves 2)

- 1 onion
- 2 garlic cloves
- 500g beef mince
- 1 tin of chopped tomatoes
- 200g couscous

Instructions

- Start by chopping the onion and garlic and frying gently in a pan of oil.
- Add the mince and use a wooden spoon to separate and stir.
- Meanwhile boil a kettle and pour over the couscous in a large dish. Cover with cling film and leave to absorb the water.
- When the mince is cooked add the chopped tomatoes. (If you have any mushrooms or vegetables like courgettes, they are a great addition). Season with salt, pepper and add some fresh basil or dried herbs.
- When the couscous has absorbed the water, fluff it with a fork into the Bolognese.
- Stir well and serve.

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