



# & THE HEALTHY CHEF

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It's all about a healthier

Body

## Tuna Bolognese

**PREP TIME:** 5 minutes if rice is already cooked

**SERVES:** 1

**WHAT IT'S GOOD FOR:** P GI GF

**Protein 44g • Fat 8g • Carbs 30g • Cal 374**

Low GI and full of complex carbs, vitamins and minerals such as B vitamins, E, magnesium, iron and fibre. Tuna is high in protein and omega 3 which helps to assist your body in burning off more fat. Omega 3 stimulates the secretion of leptin a hormone that is produced by fat cells. It helps in suppressing the appetite and burn stored fat. Brown rice is high in fibre and selenium which can help reduce the risk of colon cancer. Lycopene is an antioxidant found in tomatoes which can help protect the body against cancer.

**INGREDIENT:**

- ½ onion, chopped
- 2 cloves garlic chopped
- 250g tinned crushed tomatoes
- Black pepper and a pinch of sea salt
- 185g tin tuna in spring water, drained
- ½ cup cooked brown rice
- 10g grated parmesan and a little chopped basil

1. Sauté the onion and garlic until soft for about 1 - 2 minutes
2. Add the tomato, salt, pepper and tuna
3. Simmer for about 3 minutes and serve over hot cooked brown rice
4. Top with grated parmesan and a little chopped parsley or basil.

**SERVING SUGGESTION:** Serve over steamed broccoli or zucchini if you want to go low carb.

