



This recipe is one from the old twimmi site that I had when I was doing the detox. This was the second last stage of the diet. You could have pretty much everything at this point, except yeast, refined sugar and dairy produce. The photo I took always makes me smile because when I first started the detox I really into trying to get a good looking picture of the dish so as to entice the reader to eat what was basically a bunch of veg with a little lemon & oil dressing. I would easily spend a half-hour trying to get a decent photo. I rarely succeeded but I definitely did try. By the stage this photo was taken though I was past caring, very hungry and so I just took the shot - "yep, that's grand." That's been pretty much my approach ever since. Except for maybe [the sweet stuff](#), I still do try and make that as appealing as possible.

And to think concern about my [cholesterol](#) was the original motivation behind the [twimii recipes](#) ...



The way I make Spaghetti Bolognese is Ingredients

Serves 4

- 75 g/ 3oz Parma ham
- 400 g minced beef
- 2 carrots, diced
- 1 - 2 celery sticks, chopped finely
- 1 onion, chopped finely
- 1 red bell pepper, seeded and diced
- 1 green bell pepper, seeded and diced
- 1 clove of garlic, crushed
- 6 tomatoes, skinned, deseeded and diced
- 1 tin of plum tomatoes
- 3 - 4 tablespoons tomato purée
- 1/2 glass of red wine

- 125 ml/ 9 fl oz of beef stock (or water)
- pinch of dried oregano and basil
- salt & pepper
- olive oil

Instructions:

1. Heat the oil in a pan, add the carrots, onions & celery and cook over a gentle heat for 5 minutes.
2. Stir in the peppers and herbs and cook for 2 minutes more.
3. Add in the minced meat, turn up the heat and cook until browned.
4. Dice the ham and cook for a further 5 minutes
5. Stir in the tin of tomatoes, breaking up the tomatoes in the pan with a wooden spoon. Add the tomato purée and stir all around. Then add in the fresh tomato (if you aren't using fresh tomatoes you might want to add a small spoon of brown sugar instead)
6. Stir in garlic, wine and stock (or water) and leave to simmer over a medium heat for 45 minutes.