



bolognese boost

nutrition made easy

Congratulations on buying your Bolognese Boost! I think you are going to love it. Read on to find out what it is, how to use it and learn some of its incredible health benefits.

How to use?

- This product is raw and **MUST BE COOKED**
- At the end of cooking (anything!) add 1-2 tablespoons – this could be Bolognese sauce, a casserole, a curry or a stew
- Stir evenly through your dish and cook for a few minutes more to ensure it is cooked
- That's it!

One large scoop gives the equivalent iron of eating a whole steak! Add a few scoops to your spaghetti Bolognese sauce or chicken pie and you can be sure you and your family are getting the nutrition you need.

Correct storage and use: This powder is raw and **MUST BE COOKED** before eating. Unopened, it will last for up to 2 years. Once opened, it must be kept dry and away from heat and used within 2 weeks of opening. The powder has a neutral smell. If it smells sour always err on the side of caution and throw out.

What is the powder exactly? Your packet has 50g of superbly nutrient dense powdered chicken liver from happy healthy certified organic chickens. Nothing has been added or done to the chicken livers except for removing water (75% of the weight) by freeze drying. Freeze drying was originally used for astronaut space-food, then instant coffee and now camping food. The process involves freezing the water in food, then reducing the pressure so the ice sublimates (turns directly from solid to vapor) instead of melting.

What is the rationale? Organ meats are one of the most natural nutrient dense foods on the planet. In the old days organ meats were a delicacy – they were the prized part of an animal. Yet somehow, over time, we have forgotten this and become 'grossed out' by foods like liver (myself included!). We now call it offal or 'off' and 'fall', being the parts that fall off the carcass during processing. In modern diets we must eat large amounts of meat to get the nutrients we need because the muscle meats we eat are relatively nutrient poor. Eating nutrient dense organ meats like chicken liver mean we can eat less meat but still get the important nutrients we need. Chicken liver has a softer texture and milder flavour than other organ meats, making it a great all-rounder for adding to cooking.



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Who should use this? If your iron levels are low, you are frequently getting colds, you don't like eating meat or don't eat it very often, then this is ideal for you. It is also great option for people with low iron who don't enjoy the standard iron-rich foods like red meat or picky eaters. Chicken liver is one of the richest natural sources of iron with 4 times more iron than a rump steak and 25 times more iron than a chicken breast! Chicken liver is also rich in protein, vitamin A, selenium, vitamin B12 and folate, all of which are critical to the immune system and energy levels.

Couldn't I just use a supplement? Food is always better than supplements because it provides a natural mix of nutrients that work together synergistically. This is something that isolated and man-made supplements cannot fully replicate.

How much should I use? I recommend using 1 tablespoon for every 500g of meat in your normal cooking once or twice each week. I recommend you use roughly one packet per month. Open a packet and add it to meals for 1-2 weeks and then have a break before doing it again the following month.

Caution: It's probably best not to use this if you are pregnant, trying to get pregnant, or have very high iron levels.

that's the same as 2 steaks!



Nutrition Facts		
4 servings per packet		
Serving Size 12.5g / 2tbsp		Net Weight 50g
	Per serve	Per 100g
Energy (kcal)	60	480
Energy (KJ)	248	1984
Protein (g)	8.5	67.6
Total fat (g)	2.4	19.2
Saturated Fat (g)	0.8	6.2
Carbohydrates (g)	0.4	2.9
of which are sugars (g)	0	0
Iron (mg)	4.5	36
Vitamin B9 (folate) (µg)	294	2352
Vitamin B12 (µg)	8.3	66.4
Vitamin A (IU)	6,664	53,312
Potassium (mg)	115	920
Sodium (mg)	36	284

INGREDIENTS: 100% Australian certified organic chicken liver (freeze dried).

STORAGE: Keep dry and away from moisture. Once opened, consume within 2 weeks.

BOLOGNESE BOOST RECIPES

Here are a few simple recipes to get you started with using your Bolognese Boost.

Chicken Apple Hash (Boosted)

Quick and easy to make and suitable to eat for breakfast, lunch or dinner. This is a versatile 'burger' that transports well making it ideal for adding protein to kid or adult lunchboxes. The total recipe has around 100g of protein so the protein in each 'burger' depends on the size of each burger and how many you make.

INGREDIENTS

500g chicken mince
1 apple grated
1 tsp cinnamon
½ tsp salt
1-2 tbsp olive oil
1tbsp Bolognese Boost



METHOD

1. Combine everything together in a mixing bowl, including the Bolognese Boost.
2. Use (wet) hands to form around 10 'burgers' which are about half an inch thick each.
3. Heat olive oil on a large frypan at medium heat.
4. Cook the burgers for around 3-5 minutes on each side.

← Add
Bolognese
Boost here

TIPS & TRICKS

- ❑ Put the mixture in the freezer for 5-10 minutes before forming into burger shapes – this helps the mixture to hold together more easily.
- ❑ Uncooked burgers can be frozen and then taken out of the fridge as needed. The burgers will thaw overnight in the fridge and then can be cooked the next morning.
- ❑ Add garlic or onion powder for extra flavour.
- ❑ Top with a fried egg for extra protein at breakfast.



Boosted Bolognese Sauce

This is a basic simple sauce that can be used for a spaghetti Bolognese, the base of a cottage pie, in the layers of a lasagne, or on top of corn chips for nachos. It is a family friendly staple in our house. Mince meat on its own is relatively nutrient poor so being able to add the Bolognese Boost is a saviour for ensuring adequate nutrients for the pickier eaters.

INGREDIENTS

1-2 tbsp olive oil
1kg beef mince
2 cloves garlic, finely chopped
1 onion, finely chopped
1-2 carrots, finely chopped
1 stick celery, finely chopped
2-3 rashers bacon, finely chopped
200g button mushrooms, sliced
1 tin chopped tomatoes (or fresh tomatoes)
200ml chicken or beef stock, more or less to desired consistency
4 tbsp tomato paste
1 tsp salt; pepper to taste
4 tbsp herbs, from garden or Italian or oregano, finely chopped
2-4 Tbsp Bolognese Boost
Optional: 100g red lentils & 300ml of water



METHOD

1. Heat 1-2tbsp olive oil in heavy casserole dish
2. Add garlic, onion, carrot, celery, bacon, mushrooms and sauté gently for around 5 minutes until everything is softened.
3. Add mince meat and cook for a further 10-15 minutes until browned all over.
4. Add tomatoes, stock/water, tomato paste, salt, pepper and simmer gently for a further 10-15 minutes. Optional: add the red lentils and water at the same time and cook until the red lentils are softened.
5. When the sauces is ready, mix through the herbs and the Bolognese Boost and cook 1-2 minutes further.

TIPS & TRICKS

- ☐ Don't feel 'stuck' to these vegetables – add any leftover vegetables (e.g. corn, capsicum)
- ☐ Adding red lentils is a good way to reduce cost per serving, while adding lots of valuable fibre.

 Add Bolognese Boost here

TIME: 25 minutes

MESS LEVEL: Low-Med

Boosted Butter Chicken

This recipe is a slightly tweaked version of Tin Eats' butter chicken recipe which you can find at: <https://www.recipetineats.com/butter-chicken>. It is a great simple recipe that is loaded with colourful herbs and spices providing lots of antioxidants and it doesn't require an endless list of ingredients - most are already in your kitchen. The total recipe has c.160g of protein.

INGREDIENTS

Marinade

- ½C Greek yoghurt
- 1tbsp lemon juice
- 1 tsp turmeric powder
- 2 tsp garam masala
- ½ tsp chilli powder (optional)
- 1 tsp cumin
- 1 tbsp ginger, freshly grated
- 2 cloves garlic, crushed
- 1000g chicken thighs



Curry

- 2 tbsp olive oil
- 1C tomato passata or finely chopped tinned tomatoes (e.g. Mutti brand)
- 1C cream
- 1 tbsp sugar
- 2-3T Bolognese Boost**
- 1 ¼ tsp salt



METHOD

1. Mix together the chicken and marinade ingredients in a large bowl – ideally let this sit for >3 hours or overnight, but don't worry too much (I never do this and it still tastes great!).
2. Put olive oil into pan and then add and cook the chicken in the marinade.
3. Add the tomato passata, cream, sugar and salt and mix together.
4. Cook this for around 20 minutes at a low heat and simmer gently.
5. At the end of the 20 minutes do a taste check and add more salt if needed.
6. Once happy with the taste, mix through **2-3T of Bolognese Boost** and cook gently for a further 2-3 minutes.



Add
Bolognese
Boost here

TIPS & TRICKS

- ☐ For a lighter version you could use a 50/50 split of cream and milk.
- ☐ For a dairy-free option try coconut cream and/or coconut milk.
- ☐ Serve with cauliflower rice mixed in with cumin seeds.

TIME: 20 minutes, excluding cooking and waiting times

MESS LEVEL: Medium

Boosted Lamb meatballs

Easy to make and easy to transport, these meatballs are a no-brainer. They are also great for slipping in extra herbs and spices, especially fresh ones from the garden. Total protein for recipe is c.100g.

INGREDIENTS

500g minced lamb
Small onion (any type)
1 garlic clove
1 small carrot
½ celery stick
1 tsp of iodised salt or 1Tbsp jack of lamb rub*
1tbsp Bolognese Boost
A good handful of herbs from the garden, finely chopped (e.g. rosemary, thyme, parsley, mint)
1 tbsp olive oil



METHOD

1. Put onion, garlic, carrot, celery stick and herbs in blender and pulse briefly until all the vegetables are in small pieces (roughly 5mm each)
2. Into a large bowl, put the chopped vegetables, lamb mince, Bolognese Boost, salt/rub and herbs.
3. Using (wet) hands, mix everything together and then shape into balls.
4. Turn on stove to medium heat with a dash of olive oil in a large frypan.
5. Place meatballs on the fry pan to cook for 10-15 minutes or until cooked through – shake the frypan every few minutes to ensure the balls move around and are evenly cooked.

↖ Add
Bolognese
Boost here

TIPS & TRICKS

- ❑ Serving ideas: Meatballs can be served as they are or add a tin of chopped tomatoes to the frypan and serve over pasta.
- ❑ Put chopped mushrooms into the frypan to soak up the flavours and eat them as a side vegetable after cooking.
- ❑ Serve with a yoghurt/cumin dip: in a small bowl with a spoon mix 1/2C Greek yoghurt, 1Tbsp ground cumin, a good pinch of salt, a small squeeze of lemon. Keep dip in fridge for meatballs or carrot sticks or as a salad dressing.
- ❑ To minimise mess, start heating the frypan before you put your hands into the mixture. This way you can put the mixture directly onto the frypan as you make the balls.
- ❑ If you use too many vegetables the mixture can get a bit watery. If this happens, add some breadcrumbs to 'mop up' some of the excess liquid.

TIME: 20 minutes

MESS LEVEL: Low

About Nicky Clark Nutrition

Nicky is a nutritionist working in Sydney CBD who helps men and women over the age of 40 know what to eat.

Nicky sees clients for private nutrition consultations, runs online programmes, and delivers talks and workshops. Nicky used to work in the corporate world and moved to nutrition when diet changes helped her to get pregnant with her first child.

Nicky has a practical and no-nonsense approach to nutrition which has been described as "refreshing".



Book 15 minutes with Nicky



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