

# Chicken Liver Bolognese

Liver is one of the most nutrient dense foods rich in B vitamins and iron!  
Great for eating around menstruation to help replenish lost nutrient stores.  
Aim to buy organic chicken livers as quality impacts flavour.



Serves 6

## INGREDIENTS:

- 1 large onion finely chopped
- 4 garlic cloves, crushed
- 2 carrots, finely diced
- 2 cans of organic whole or chopped tomatoes
- ½ cup red wine (optional)
- 4-6 mushrooms finely diced
- 2 tablespoons of white or red wine vinegar
- 2 tablespoons olive oil or ghee for cooking
- 250g organic chicken livers, rinsed, trimmed of sinew, quartered
- 500g organic grass fed beef or lamb mince
- 1 cup organic chicken stock
- 2 x 140g tubs tomato paste
- 2 tsp dried thyme or mixed herbs
- 2 tsp dried oregano
- 2 bay leaves
- 1/2 tsp sea salt
- ½ tsp pepper
- 1/2 cup roughly chopped flat-leaf parsley leaves
- 600g Gluten Free pasta of choice, cooked according to packet instructions

## METHOD:

1. Heat 1 tbsp of olive oil in a large, deep cooking pot. Cook onion and garlic, over medium-low heat for 3-4 minutes.
2. Add 1 tbsp olive oil to the pot and add in livers and mince. Stir for 2 minutes until seared and browned.
3. Add remaining ingredients, stirring over medium-low heat for 1-2 hours. Over time, add extra chicken stock or water if needed.
4. Serve with GF pasta, fresh parsley and season with salt and pepper. Option to add crumbled goats cheese on top.

Store in an airtight container in the fridge for up to 4 days or 1 month in freezer.