

Chicken Bolognese over Kohlrabi Spaghetti

Recipe By Rorie Weisberg



Cooking and Prep:  1 h

Serves:  5

No Allergens

Preference: Meat

Difficulty: Easy

Occasion: Passover

Diet: Gluten Free, Paleo, Low

Carb, No Refined Sugar, Keto

Source: Kosher.com

Exclusive

Here's an easy and delicious chicken bolognese served over kohlrabi pasta. Trust us, this is one you want to try! [Watch Living Full 'n Free for more healthy cooking with Rorie!](#)

Ingredients (19)

Chicken Bolognese

- 2 tablespoons oil, for sautéing
- 1 large sweet onion, finely diced
- 2 cubes [Gefen Crushed Garlic](#)
- 1 pound ground white meat chicken
- 1 pound ground dark meat chicken

- 3 fresh or dried bay leaves
- 2 tablespoons fresh parsley, chopped
- 1 teaspoon salt
- 1/2 teaspoon coarse ground black pepper
- 1/4 teaspoon cinnamon
- 2 tablespoons orange juice
- 2 tablespoons tomato paste
- 2 and 1/2 cups **Tuscanini Crushed Tomatoes**
- 1 15-ounce can tomato sauce

Kohlrabi Spaghetti

- 1-2 tablespoons olive oil
- 4-6 kohlrabi (depending on size)
- 1-2 cubes **Gefen Crushed Garlic** (to taste)
- salt, to taste

Sommelier Suggests

- Jezreel Rose**
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Start Cooking

Prepare the Chicken Bolognese

1. In a deep, large pan sauté onions in oil on a low flame till very soft. Add garlic cubes and cook just until fragrant, about one minute.
2. Add the ground chicken to the onions and garlic and stir. Add the bay leaves, parsley, salt, pepper and cinnamon. As the chicken cooks, make sure to break up the bigger chunks of chicken.
3. Once the chicken is almost cooked through, add the crushed tomatoes, tomato paste and

orange juice. Stir until well combined and let it simmer on a low flame, covered, for about 15-20 minutes.

Note:

In the video accompanying this recipe, Rorie adds one (15-ounce) can tomato sauce along with the crushed tomatoes. After further testing and tweaking, it was decided that omitting the tomato sauce yields a better taste, and the recipe was amended.

Prepare the Kohlrabi Spaghetti

1. Using the spaghetti blade of a spiralizer, make noodles according to machine instructions.
2. Heat oil in a large frying pan. Add the garlic and sauté until fragrant, about one minute. Add the noodles and mix to coat. Cover and steam for three minutes, then uncover and season with salt. Allow to cook for another five minutes, stirring a few times throughout.
3. Plate the kohlrabi noodles with a generous serving of Bolognese sauce. Serve with a side of steamed kale or spinach.