

Carnivore Pasta

Ingredients:

3 fresh eggs (medium or large)
3 Tbsp ZeroKrumbs Pork rind crumbs
1 Tbsp grated Parmesan or dried is fine too

Method:

1. Preheat your oven to 160°C.
1. Blend all ingredients until smooth.
2. Pour the mixture onto a silicone baking mat and bake for 10 minutes. If you don't have a silicone mat, you can use baking paper.
3. Let cool for at least 15 minutes before peeling off the mat.
4. Roll the baked sheet gently, then slice into thin ribbons to create your pasta.

Bolognese Sauce

Ingredients:

500g beef mince
300g bacon pieces
2 tsp minced garlic or garlic powder
2 tsp onion powder
3 Tbsp paprika
1 Tbsp dried Italian herbs
1 cup chicken stock
Optional: ¼ cup grated cheese or 2 tsp Parmesan for serving

Method:

1. In a hot pan, brown the mince.
2. Add bacon and cook until just crispy.
3. Stir in garlic, onion powder, paprika, and herbs.
4. Pour in the chicken stock and simmer for 20 minutes.
5. Add your carnivore pasta in the last 2–3 minutes to reheat gently.
6. Serve topped with grated cheese or Parmesan.

