

Spaghetti Bolognese

Serves 4

- 1 tbsp olive oil
- 1 onion, chopped
- 2-3 cloves of garlic, crushed
- 1 red or yellow pepper, chopped
- 200g mushrooms, chopped
- 1 bay leaf (optional)
- 1 tsp dried oregano
- 1 tsp dried basil (or use fresh)
- 1 tin of chopped tomatoes
- About 120g frozen vegan mince - most supermarket own brands are vegan
- 100 ml water
- 2 tbsp tomato puree
- Salt and black pepper to taste
- Spaghetti to serve - most is vegan but check before buying



Heat the oil in a pan and sauté the onion until soft then add the pepper and soften.

Add the garlic and bay leaf and cook for two minutes more.

Add the mushrooms and cook for a few more minutes.

Add the oregano and basil (if using dried). Stir until the vegetables are coated in herbs.

Add the remaining ingredients apart from salt and pepper. Gently bring to the boil and stir.

Reduce the heat and simmer for at least 15 minutes; add more water if needed.

Add black pepper, and salt if needed. If using fresh basil, tear up the leaves and stir in gently, reserving some for garnish.

If you like, just before serving, stir in an extra tablespoon of olive oil and warm gently.

TIP

As an alternative to mince, use a drained can of brown or green lentils.