



Vegetarian Bolognese

Prep:	10 mins
Cook:	20 minutes max
Total:	30 minutes
Servings:	8 children

Ingredients

- 300g Quorn Mince
- 2 tbsp olive oil
- 1 onion, very finely diced
- 2 cloves garlic, crushed
- 200g mushrooms diced
- 400ml tomato passata
- 1 tbsp vegetarian Worcestershire sauce
- 1 vegetable stock cube, dissolved in 150ml hot water
- 1 tbsp tomato puree
- 1 tsp dried oregano
- Salt and pepper to taste
- 500g spaghetti
- Hard cheese of your choice, grated to serve (optional)

Method

1. Pre heat the oil over a medium to high heat, add the onion and cook for 2-3 minutes stirring often. Add the garlic and mushrooms, cover and cook over a medium/high heat stirring frequently for 2-3 minutes
2. Add the Quorn Mince, passata, Worcestershire sauce, vegetable stock, tomato puree and oregano. Stir well, cover and cook for 8-10 minutes
3. Meanwhile, cook the spaghetti according to pack instructions
4. Serve mixed or separately according to preference

Adapted from: www.quorn.co.uk/recipes/quick-spaghetti-bolognese