

Vegetarian Bolognese

 Serves 4

 1 hour

 Easy

 Vegetarian



Ingredients

2 tbsp olive oil
 1 medium onion, finely chopped
 2 carrots, very finely chopped
 2 celery sticks, very finely chopped
 1 garlic clove, crushed
 350g frozen Quorn mince
 1 bay leaf
 500ml passata
 1 vegetable stock cube
 100ml milk
 Small bunch basil, chopped;
 250g dried spaghetti or other pasta shape
 Vegetarian hard cheese, to serve.

Step 1:

Heat the oil in a saucepan and gently fry the onion, carrots and celery until the onion is starting to soften. Stir in the garlic and the Quorn (there's no need to defrost it) and fry for a couple of mins. Add the bay leaf, passata, vegetable stock cube and 200ml water, then bring everything to the boil.

Step 2:

Turn down the heat and simmer for 30 mins or until all the pieces of veg are tender and disappearing into the tomato sauce. Add the milk, then cover with a lid and cook for 10 mins. Season to taste. If the sauce is a bit thin, keep bubbling until it thickens. Stir through the basil. Serve with the spaghetti and grate the cheese over the top if you like. Can be frozen into portions and reheated.

