



VEGETARIAN SPAGHETTI BOLOGNESE

INGREDIENTS

2 packs Garden Gourmet Sensational Mince

2 large carrots, finely chopped

1 stick celery, finely chopped

200 g sliced mushrooms

800 g chopped tomatoes

1 large onion, finely chopped

3 garlic cloves, finely chopped

2 tbsp tomato puree

2 tsp yeast extract

Small pinch nutmeg

2 tbsp olive oil

Freshly ground black pepper

50 g grated Italian cheese or vegan alternative

25 g fresh basil leaves



4 SERVINGS



45 MIN



EASY

No reason to give up on the delicious Spaghetti Bolognese veg when you can easily make it vegetarian with Garden Gourmet Sensational Mince.

PREPARATION

1. Sautéed veggies to make sauce base

Heat the oil and fry the onion, carrot, celery, garlic and mushrooms for 5-10 minutes until softened. Add the remaining ingredients except the Sensational mince and cook for 15-20 minutes until the sauce has thickened.

2. Cook pasta in a pan and save some cooking water

Place the pasta in a large pan of boiling water and cook according to the pack instructions. Drain but save 3-4 tablespoons of the cooking water.

3. Cook the Sensational Mince with sauce

Meanwhile stir in the Sensational mince into the tomato sauce and heat through for 3-4 minutes, adding a little of the pasta cooking water if required.

4. Serve with grated cheese and basil, and enjoy!

Serve the Spaghetti Bolognese topped with the cheese and basil.

TIP: If you don't have time to make the sauce from scratch look out for tomato sauces with added vegetables or add some grated carrot and frozen peas to boost your veggie intake!

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