



Quick Quorn Vegetarian Spaghetti Bolognese

Serves: 4

Calories per serving: 464

Ingredients:

300g Quorn Mince
2 tbsp olive oil
1 onion, very finely diced
2 cloves garlic, crushed
200g mushrooms such as mini portobellos, diced
2 tbsp red pesto
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 fresh 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. Increase the heat, add the Quorn Mince, pesto, passata, vegetarian Worcestershire sauce, vegetable stock, tomato puree and oregano. Stir well, cover and cook for 8-10 minutes
3. Meanwhile, cook the fresh spaghetti according to pack instructions
4. Pour the Quorn Bolognese sauce over the spaghetti, season to taste and top with the grated cheese