

Recipe Card: Tin can spaghetti bolognese

Try this meat-free alternative to the family classic.

Ingredients

1 tbsp vegetable or olive oil
1 onion, finely chopped
3 cloves of garlic, peeled and finely chopped
285g fresh mushrooms, washed and sliced (or other veg of your choice... fresh, tinned or frozen)
400g tin of green lentils, drained and rinsed
1x 400g chopped tomatoes
75ml red wine (optional, you can use a dash of vinegar instead)
350ml vegetable stock
2 tbsp tomato puree
Salt and pepper to taste
1 tsp sugar or syrup (eg maple or agave. Optional)
280g spaghetti (dried is usually vegan, fresh pasta normally contains egg)



Instructions

Heat the oil in a large non-stick saucepan and fry the onion until soft.

Add the mushrooms (or other veg) and the garlic to the pan and fry for 5 mins until soft.

Add the lentils, tomatoes, wine, stock and tomato puree to the pan and stir thoroughly. Season to taste.

Bring to the boil and then turn down to simmer for 40 mins, stirring occasionally.

Meanwhile, cook the spaghetti according to packet instructions.

Take the bolognese off the heat and serve over the drained spaghetti.

To serve, top with grated vegan cheese.