

Vegetarian Spaghetti Bolognese



Tip: if you want meat, use 500g of lean mince beef – replacing half of the creamed tomatoes (250g).

Enjoy this meat free favourite.

Ready in 30 minutes - Serves 4

Ingredients

- 1 tbsp olive oil
- 1 red onion, chopped
- 1 large garlic clove, crushed
- 100g carrots (about 3), finely sliced
- 1 red pepper, deseeded and chopped
- 75g mushrooms, chopped
- 500g carton creamed tomatoes
- 50g broccoli, chopped
- Handful of fresh basil leaves
- 250g dried spaghetti (shapes can be more fun to use and coloured pasta may be more appealing to younger children)
- Sprinkle of cheese for topping

Method

1. Heat the oil in a large pan, add the onion and garlic and fry for a few minutes to soften but not colour. Add the carrots and cook for 5 minutes, then add the pepper and cook for a further 2 minutes. Stir in the mushrooms and creamed tomatoes and bring to the boil. Add the broccoli and basil leaves and simmer for 5 minutes or until all the vegetables are tender.

1a. If you are using meat, cook in a frying pan with a small amount of olive oil, cook through until brown and simmer for 10 minutes.

2. Whizz the vegetables in a food processor, in batches, until very finely chopped. Return the sauce to a saucepan to warm through. (Add the cooked meat if required)

3. Meanwhile, bring a large saucepan of water to the boil and cook the spaghetti according to packet instructions. Drain and toss through the sauce to serve.