



KaterVeg! Vegan and Gluten-free Spaghetti Bolognese

Serves approx. 10

Ingredients:

For the Bolognese Sauce

1kg KaterVeg! Vegan Mince
2 Onions, large
4 Carrots
5 Garlic cloves
50ml Olive oil
1 tsp Dried oregano
2 tbsp Tomato purée
2.5kg Chopped tomatoes, tinned
500g Tomatoes, MM
500ml Vegetable stock
5 tbsp Free-from Worcestershire sauce
Salt and Pepper to taste

700g Gluten-free Spaghetti
100g Vegan Cheese



Method:

1. Finely dice the onion, crush the garlic and grate the carrots. Roughly chop the MM tomatoes.
2. In a large sauté pan fry the onion and garlic in the olive oil for 4-5 minutes, add the oregano, chopped MM tomatoes and a pinch of salt.
3. Cook for a further 4-5 minutes, add the grated carrots and tomato purée. Stir well and cook out for a further 2-3 minutes.
4. Add the tinned chopped tomatoes, vegetable stock and bring to the boil, add the mince and simmer for around 10-12 mins. Adjust the seasoning with salt and pepper and free-from Worcestershire sauce.
5. Cook the spaghetti as per the packet instructions, drain and then toss through the Bolognese sauce.
6. Serve, with shavings of vegan cheese if required.