Quorn[®] Spaghetti Bolognese

with Tenderstem broccoli

A traditional rich tomato Bolognese sauce made with Quorn mince served with whole wheat pasta and Tenderstem broccoli.





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300g Quorn mince

1 large onion

2 medium carrots

2 sticks celery

150g mushrooms, button or chestnut

3 cloves garlic

2 x 15ml spoons vegetable oil

100g red lentils

1 x 400g can chopped tomatoes

200ml reduced salt vegetable stock

150ml red wine

1 x 15ml spoon dried oregano

2 x 5ml spoons yeast extract

Ground black pepper to taste

320g whole wheat spaghetti

320g Tenderstem broccoli

30g Italian style hard cheese

(vegetarian version of parmesan)

Basil leaves to serve (optional)

Equipment =



Scal	les

Chopping board

Sharp knife

Garlic press

Plate

Measuring jug

Measuring spoons

Large frying pan or saucepan

Wooden spoon

Sieve

Large saucepan with lid for pasta

Colander

Tongs

Steamer or small saucepan

Fine grater



Nutrition per serving

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Calories	Fat	Sat. Fat	Sugars*	Salt		
632	12.9g	2.9g	14.8g	0.97g		
kcal	LOW	LOW	LOW	LOW		
4 of your Source of Low in Source of						

4 of your 5-a-day

Source of Protein

Low in Sat Fat



Fibre

Carbon Footprint



kg CO₂ e per portion

2.8

Average daily CO emissions per person (from food)



Allergen information Wheat, Celery, Eggs, Sulphites, Soya



- 1. Peel and finely chop the onion. Place each vegetable on the plate as you prepare them.
- 2. Peel and cut the carrots into approximately 1cm dice.
- 3. Wash the celery and cut into 1cm squares.
- 4. Wipe the mushrooms and roughly slice them.
- 5. Peel and crush the garlic.
- 6. Heat the oil in a large frying pan or saucepan and fry the onion over a medium heat for 2-3 minutes, until beginning to soften.
- 7. Add the carrots and celery and fry for another 3-4 minutes, stirring frequently.
- 8. Add the garlic and stir for another minute.
- 9. Place lentils in a sieve and rinse under cold running water. Add to the sauce.
- 10. Pour in the tinned tomatoes, vegetable stock and wine.
- 11. Add the oregano and yeast extract.
- 12. Turn up the heat to bring the mixture to a boil and then reduce the heat to a simmer (gently bubbling) for 5 minutes.
- 13. Add the Quorn mince and continue to simmer for the next 15 minutes, stirring occasionally.
- 14. Check the seasoning and add ground black pepper to taste.

To cook the spaghetti

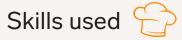
- After an hour of simmering the sauce, heat a large pan ³/₄'s full of water until it is boiling.
 Use a lid to speed up the process.
- 2. Add the pasta to the boiling water.
- 3. Bring the water back up to the boil then turn it down to a simmer. Cook according to the time on the packet.
- 4. Stir the pasta twice during cooking to ensure the strands don't stick together.
- 5. When cooked, place the colander in the sink and drain the pasta.

To cook the Tenderstem broccoli

1. Wash the tenderstem broccoli and steam or boil for 3-4 minutes, until just tender.

To serve

- 1. Using the tongs, divide the spagnetti between the plates.
- 2. Top with the Quorn Bolognese.
- 3. Grate a little parmesan over each portion.
- 4. Garnish each plate with a few fresh basil leaves if available.
- 5. Divide the broccoli between the plates and serve.



Measuring, peeling, chopping, boiling, simmering, steaming, draining, grating.

Top tips

- Quorn mince can be added to the sauce straight from the freezer.
- When cooking the pasta use a large pan to allow plenty of room to prevent the pasta from sticking.
- Test when the pasta is cooked by taking out a strand with the tongs it should be 'al dente' which means 'slightly firm'.
- Steaming the broccoli rather than boiling will help preserve some nutrients.

Prepare now, eat later



- The Bolognese sauce can be chilled or frozen.
- Left over spaghetti can be chopped into bite sized pieces and stirred into the Bolognese sauce, ready for reheating.
- If chilled, keep covered in the fridge and use within 24 hours. Reheat until piping hot.
- If frozen, allow enough time to defrost the sauce in the fridge, ideally overnight and reheat until piping hot.





