

Quorn® Spaghetti Bolognese

with Tenderstem broccoli

VEGGIE
REBEL

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

Ingredients



Serves
4

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



Scales
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

Calories	Fat	Sat. Fat	Sugars*	Salt
632	12.9g	2.9g	14.8g	0.97g
kcal	LOW	LOW	LOW	LOW

4 of your
5-a-day



Source of
Protein



Low in
Sat Fat



Source of
Fibre



Carbon Footprint

0.64

kg CO₂e per portion

2.8

Average daily CO₂e emissions
per person (from food)



Allergen information Wheat, Celery, Eggs, Sulphites, Soya

*Naturally occurring sugars from vegetables and tomatoes.

Method

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

1. After an hour of simmering the sauce, heat a large pan $\frac{3}{4}$'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 spaghetti 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.

Skills used

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.