

Spaghetti Bolognese - Vegan

8 tomatoes or 1 tin tomatoes
2 tbsp olive oil
1 brown onion
1 large carrot
1 stick celery
1 tbsp freshly chopped oregano
3 cloves garlic
300g Swiss brown mushrooms
½ cup TVP, or ½ cup freekeh, (soak it the night before), or 1 cup grated tofu, or ½ cup cooked lentils and ¼ cup walnuts
2 tbsp tomato paste or 6 sundried tomatoes blended with ¼ to 1/3 cup water
Salt
1 chilli (optional)
Few fresh basil leaves chopped medium fine

METHOD

1. Dice the tomatoes and place in a wok with 1 tsp salt and put on a lid. Let boil down until the tomatoes are cooked. Then take the lid off and let simmer until most of the liquid has evaporated. If using canned tomatoes, you don't need to do this.
2. Place the onion in a food processor and pulse until fine. Do the same with the carrot and celery. Then with the mushrooms.
3. Place the onion and salt in a frying pan with the oil and fry for a few minutes. Add the chopped rosemary and oregano, fry for a further minute.
4. Place the processed carrots and celery in the frying pan and fry for up to 5 minutes. Then add the mushrooms and fry for a few minutes. Then add the tomatoes, TVP, and tomato paste, and cook for a further 5 to 10 minutes. Stir in the basil
5. Cook the spaghetti as the instructions on the box suggest.
6. Heat up the veggies and tomato and add the basil. Serve with the spaghetti and some pepita parmesan.