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# Italian Meat Free Bolognese

Serves 4  
Blend No.14

This recipe can use any meat free substitute mince, but of course you can use beef or even pork. Our recipe makes a Bolognese sauce in no time at all with a good deep flavour that's vibrant and not too sweet.

## Ingredients

300g Meat substitute mince

1 medium onion- finely chopped

390g jar passata

400g whole wheat spaghetti

1 tsp Spicemasters Italian Bolognese Mix

## Method

1. Prepare your ingredients.
2. In a medium pan, heat the oil and fry the onion until it starts to brown.
3. Add the mince, Bolognese mix and passata and bring up to a gentle boil. Turn down and allow to simmer.
4. Meanwhile, cook the spaghetti as directed on the packet.
5. Once cooked, strain the spaghetti, add a drizzle of olive oil, a twist of salt and pepper and serve.

## Spice Masters Tips

### **Mince** - Not vegetarian?

Try a mix of 50/50, you won't notice the difference and it lowers your red meat intake.

**Meat** - If using meat, fry and brown it off before adding the other ingredients.

**Cooking time** - In the time it takes to cook the spaghetti the Bolognese will have developed a good flavour.

**Finishing** - Adding the olive oil and seasoning to the spaghetti will loosen your noodles but more importantly adds that little extra flavour.