

# Vegan Bolognese

## Ingredients

- 1 Onion
- 1 Clove garlic
- 1 Pepper
- 200g Mushrooms (which will be diced finely in the food processor)
- 1 tblsp Oil\*
- Optional: 250g Vegan Quorn mince
- 400g Canned chopped tomatoes
- 1 tblsp Tomato puree
- 1 Vegan vegetable stock cube
- 1 tsp Mixed herbs\*



## Method

1. Prepare the vegetables:

Peel and chop the onion;

Dice the pepper

Peel and crush the garlic;

Dice the mushrooms in the food processor

2. Fry the onion and garlic in the oil.

3. Add the Vegan Quorn mince and cook until the mince is lightly browned.

4. Add the peppers and mushroom and cook for 2 minutes

5. Add the tomatoes, tomato puree, Vegan stock cube and mixed herbs and mix all the ingredients together.

6. Bring to the boil, then simmer for 10 minutes.