

Vegetable Bolognese

Ingredients

- 1-2 tablespoons olive oil
- 1 small carrot, finely chopped
- 1 small onion, finely chopped
- 1 clove of garlic, crushed
- ½ small red pepper, finely chopped
- 3 mushrooms, finely chopped
- 1 piece of celery, finely chopped
- 1 x 400g tin of chopped tomatoes
- Salt and black pepper to taste
- 1 tablespoon fresh basil leaves, chopped (or ½ teaspoon dried basil)
- 200g Loprofin Spaghetti

Method

1. Heat the oil in a medium pan; fry the onion and garlic for 2-3 minutes, until soft.
2. Add the remaining chopped vegetables and cook for a further 3-4 minutes.
3. Add the tinned tomatoes, salt, pepper and basil - simmer for 15-20 minutes until the vegetables are soft.
4. Three quarters fill a saucepan with water. Bring to the boil and add the Loprofin.
5. Spaghetti, oil and salt to the pan.
6. Return to the boil (stirring) and cook for 6-7 minutes, stirring occasionally to prevent the pasta from sticking together. When the pasta is cooked drain well.
7. Once drained, serve with the bolognese sauce.

This recipe was provided by Nutricia