

# Soya Mince Bolognese Recipe

Makes 4 portions

150g dehydrated soya mince

1 onion

3 cloves garlic

½ courgette

1 pepper

1 punnet mushrooms

1 glass red wine

2 teaspoons marjoram

1 tin chopped tomatoes

1 vegetable stock cube

2 teaspoons marmite

1. Weigh the soya mince into a large bowl.
2. Bring 300ml water to the boil, pour over the mince and leave to rehydrate for 10 minutes.
3. Chop the onion and mince the garlic.
4. Chop the remaining vegetables into equal sized pieces.
5. Add 2 tablespoons vegetable oil to a large saucepan and place over the heat.
6. Add the onion and cook on a medium heat until soft.
7. Add the garlic and the remaining vegetables. Saute until they begin to soften.
8. Drain the soya mince and add to the saucepan. Continue cooking for 5 minutes.
9. Turn up the heat to medium-high, add the red wine and allow to reduce.
10. Add the tin of chopped tomatoes. Fill the tin with water and pour into the saucepan.
11. Add the vegetable stock cube, marjoram and marmite.
12. Bring to the boil then reduce the heat. Simmer for 30 minutes.
13. Adjust the seasoning. You may like to add a sprinkling of sugar to taste.
14. Serve with cooked pasta.

