

# Vegan Bolognese

Makes 4 portions

150g chickpeas, soaked in cold water overnight	2 teaspoons marjoram
1 onion	30g sundried tomatoes
3 cloves garlic	1 tin chopped tomatoes
½ courgette	1 vegetable stock cube
1 pepper	2 teaspoons marmite
1 punnet mushrooms	A handful of fresh basil
1 glass red wine	

1. The day before making, weigh the chickpeas into a large bowl. Cover with cold water and leave to soak overnight.
2. The next day, drain the chickpeas. Place into a food processor and pulse to chop the chickpeas into small pieces.
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 and continue cooking until they begin to soften.
8. Stir in the chickpeas.
9. Turn up the heat to medium-high, add the red wine and boil until the liquid reduces by half.
10. Roughly chop the sundried tomatoes. Place into a liquidiser with a tin of chopped tomatoes and blitz until smooth. 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 to 1 hour until the chickpeas are softened. Add more water during cooking if it becomes too thick.
13. Adjust the seasoning. You may like to add a sprinkling of sugar to taste and a handful of chopped basil before serving with cooked pasta.