



Vegetable Spaghetti Bolognese

Equipment: Knives Chopping boards Measuring spoons Wooden spoon Grater Electric frying pan Large pot Colander Serving dishes and tongs/ spoons	Ingredients: 1 tbsp oil 2 onions, diced 2 cloves garlic, minced or finely chopped 4 carrots, peeled and finely diced or grated 2 zucchinis, finely diced or grated 1 red capsicum, finely diced 1 green capsicum, finely diced 300g mushrooms, diced 2x 400g tinned or fresh tomatoes, diced 2 tbs tomato paste 1 tbs mixed dried herbs or 1 tbsp each of fresh herbs (parsley, basil, thyme, oregano, chives), finely chopped *Optional – 400g canned beans (red kidney, black, four bean mix) or brown lentils. Salt and pepper to taste Fresh or dried pasta, cooked per packet instructions Parmesan cheese (grated or shredded), to serve
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Instructions:

Prepare all vegetables per ingredients list.

Heat oil in pan.

Add onion and cook until browned.

Add garlic and stir for 1 minute.

Add carrot, zucchini, capsicum and mushroom, cook for 3-4 minutes, stirring.

Add tomatoes, paste, herbs and optional beans.

Reduce heat to low and allow to simmer for at least 20 minutes, longer, if possible, to let the flavours develop.

Add salt and pepper if needed.

Cook pasta as per packet instructions.

To serve, place pasta in a bowl, add Bolognese sauce and top with parmesan cheese.