



## QUORN MINCE IN TOMATO SAUCE

10 minutes  
30 minutes  
1 portion

### INGREDIENTS

- 100g quorn mince, frozen
- 1 can (400g) tomatoes, canned
- 60g onion, raw
- 60g mushrooms, white, raw
- 60g carrots, raw
- 1/2 Oxo cube, beef
- 1 clove garlic, raw
- 1 level tablespoon tomato puree
- 1 teaspoon Worcestershire sauce
- 1 bay leaf, dried
- 1 teaspoon mixed herbs, dried
- 1 tablespoon oil, olive
- 5 leaves basil, fresh

### COOKING METHOD

- 1° First, wash and finely chop all vegetables.
- 2° Add the oil to a saucepan and place over a medium heat. Add the chopped onions and cook for 5 minutes, or until translucent, stirring regularly.
- 3° Then, add the tomato puree, the chopped carrot, mushroom, and garlic. Stir regularly and cook for a further 2-3 minutes.
- 4° Crumble in the OXO cube and add the canned tomatoes. Break the tomatoes apart using a spoon.
- 5° After adding the pasta to the water, add the dried herbs to the bolognese mixture and stir. Cook until the sauce is reduced and thickened (approximately 10 minutes), then add the quorn. Cook for a further 5 minutes.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (500 g)	% DRI
ENERGY	45 kcal	227 kcal	11 %
PROTEIN	3 g	15 g	30 %
CARBOHYDRATE	5 g	23 g	9 %
SUGARS	3 g	17 g	19 %
FAT	2 g	9 g	13 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 g	8 %
FIBER	2 g	11 g	43 %
SODIUM	123 mg	615 mg	26 %