

Olive oil for frying
600g Mushrooms (mix of white and chestnut would work well)
2 tbsp. Worcester sauce
1 tbsp. yeast extract
1 red onion, finely diced
1 celery stick, finely diced
2 large carrots, peeled, grated then chopped
2 large parsnips, peeled, grated then chopped
3 large cloves of garlic, crushed
2 tsp. paprika
1 tbsp. tomato puree
2 tbsp. dried oregano
300ml red wine
400g tinned chopped tomatoes
400g water
15g fresh thyme leaves
1 tbsp. nutritional yeast
1 tbsp. optional sweetener, use a vegan brown sugar or maple syrup
Sea salt
Cracked black pepper

Pulse the mushrooms to create 'mince'

Heat the oil and add the mushroom, let this start to reduce and add the Worcester sauce and the yeast extract. Season really well with salt and pepper.

Cook until soft and rich in colour.

Sauté the onion and celery, then add the carrots and parsnips.

Cook for a few minutes to soften before adding the mushroom mince.

Add the garlic and mix well.

Sprinkle in the paprika and add the puree, stir.

Add the oregano then pour in the red wine. Let this cook for a few minutes and reduce.

Pour in the tomatoes, fill the empty can with water and add to the pan. Mix well.

Add the thyme, the nutritional yeast, and the sweetener if using. Mix, and let cook for 20 minutes with a lid on. Taste for seasoning then stir into spaghetti and serve with a drizzle of olive oil.