

Vegan Mushroom Mince Bolognese

- olive oil for frying
- 600g mixed mushrooms (I used chestnut and white mushrooms)
- 2 tbsp vegan Worcestershire sauce
- 1 tbsp yeast extract
- 1 red onion, finely diced
- 1 celery stick, finely diced
- 2 large carrots, peeled, grated then chopped fine
- 2 large parsnips, peeled, grated then chopped fine
- 3 large cloves of garlic, crushed
- 2 tsp. paprika
- 1 tbsp good quality tomato purée
- 2 tbsp. dried oregano
- 300ml red wine
- 400g good quality tinned chopped tomatoes
- 400ml water
- 15g fresh thyme leaves
- 1 tbsp. nutritional yeast
- 1 tbsp vegan brown sugar or maple syrup, optional
- sea salt
- freshly ground black pepper

Pulse the mushrooms to create 'mince'.

Heat the oil and add the mushroom mince. Allow it to start reducing, then add the Worcestershire sauce and yeast extract. Season well with salt and pepper. Cook until the mushrooms are soft and rich in colour. Set aside.

In the same pan, 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 tomato purée. Stir well.

Add the oregano, then pour in the red wine. Cook for a few minutes to allow the wine to reduce.

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

Add the thyme, nutritional yeast and sweetener, if using. Mix well and cook on a low simmer for 15 minutes with the lid on. Then remove the lid and cook for a further 8-10 minutes.

Taste and adjust the seasoning, then stir into spaghetti and serve with a drizzle of olive oil.

