SHOPPING LIST

Mushroom and Walnut Bolognese with Spaghetti

Serves 4

For the sauce

- [ ] 60 g walnuts
- [ ] 3 tbsp olive oil
- [ ] 500 g chestnut mushrooms, very finely chopped
- [ ] 1 onion, finely chopped
- [ ] 1 carrot, finely grated
- [ ] 3 garlic cloves, chopped
- [ ] 2 tbsp tomato purée
- [ ] 1 tbsp soy sauce
- [ ] 150 ml red wine
- [ ] 400 g can chopped tomatoes
- [ ] 1 tsp dried oregano
- [ ] Salt and black pepper

To serve

- [ ] 350 g spaghetti
- [ ] Fresh basil

Tick off what you already have at home.