HEARTY & GROUNDING

Mushroom and Walnut Bolognese with Spaghetti

PREP	COOK	SERVES
20 min	45 min	4

Vegan Vegetarian

A deep, savoury vegan ragu of mushrooms, walnuts and red wine, spooned over spaghetti.

Ingredients

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

Method

1. Toast the walnuts in a dry pan for 3 minutes, then chop them finely.
2. Heat 2 tbsp of the oil in a wide pan over high heat and fry the mushrooms without stirring

too much for 8 to 10 minutes, until deep brown and their water has cooked away. Take them out.

3. Add the remaining oil and cook the onion and carrot for 6 minutes. Add the garlic, tomato purée and soy sauce and cook for 2 minutes.
4. Pour in the wine and let it bubble down by half. Return the mushrooms and add the walnuts, tomatoes and oregano.
5. Simmer gently for 25 minutes, stirring now and then, until thick and rich. Season to taste.
6. Cook the spaghetti in salted water until al dente, drain, and toss with a ladle of the sauce.
7. Serve topped with the remaining sauce and torn basil.

Cook's tip

Give the mushrooms time to brown properly. That caramelised flavour is what makes the sauce taste so savoury.