

# Quorn Bolognese and Aromatic Pasta

## Ingredients

Quorn Mince 200gms  
Onion x 1  
Garlic frozen x 2 tsp  
Mixed Peppers x 2  
Tomatoes Chopped 100 gms  
Paste Tomato 20gms  
Herbs Mixed x 5 gms  
Oil Rapeseed x 10 ml  
Carrots Diced and cooked x 1  
Red Lentils cooked x 100gms  
Vegetable Bouillon Powder x 5gms  
Water x50ml  
Pasta Cooked x 300gms  
Lemon x 1

## Method

1. In the multi cooker gently heat ½ the oil, peel finely diced onion and cook until opaque. Add the garlic and continue to cook until softened.
2. Put the pasta in a bowl squeeze lemon over with ½ mixed herbs, rest of the oil and mix thoroughly then place in steamer until piping hot.
3. Add the carrots, diced pepper to the onions and continue cooking a little before adding the
4. Quorn mixed herbs tomatoes tomato paste, bouillon, lentils and water if needed.
5. Bring to the boil before reducing to a gentle simmer stirring occasionally.
6. Continue cooking until the sauce has reduced and thickened.

Serve with the aromatic flavoured pasta