



## Food For Thought Recipe and Allergen Card

### Quorn Spaghetti Bolognese

100 Portions

Ingredient	Hannah Product Code	Quantity
Onion – Diced		
Carrot – Diced		1kg
Garlic – Chopped		1 Bulb
<b>Celery</b> - Chopped		1kg
<b>Quorn</b> Mince	F004910	4k
Tomato Puree	D001630	1x 800g
Chopped Tomato	D002052	2x 2.5kg
Oregano	D001161	20g
Salt	D001161	To taste
Pepper		To taste
<b>Spaghetti</b>	D200375	1x 3kg
Olive Oil	D001010	For Frying

#### RECIPE METHOD – **ALLERGENS**

1. In a heavy bottomed sauce pan with hot olive oil for frying, add all of the chopped **celery** and carrot, and half of the onion, garlic, and oregano
2. Cook for at least 5 minutes to allow the vegetable to soften and all the flavours to develop
3. Add the tomato puree and chopped tomatoes, bring to the boil stirring regularly and simmer for a further 15 minutes, blend into a smooth sauce
4. In a separate pan with hot oil fry the remaining onion and garlic
5. Add the **Quorn** mince to the pan stirring for 1 minute
6. Add the remaining oregano
7. Combine the cooked mince with the tomato sauce and add salt and pepper to taste
8. 2/3<sup>rd</sup> fill a large saucepan with water and bring to the boil
9. Add a generous pinch of salt and a drizzle of olive oil to flavour the water
10. Once boiling add the **spaghetti** and boil for 12-15 minutes stirring regularly, until the pasta is cooked 'al dente'
11. Serve Immediately

The allergens highlighted in <b>RED</b> are present in this dish
Allergens:
Cereals : <b>Wheat</b> Rye Barley Oats Spelt Kamut
Milk
<b>Eggs</b>
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
<b>Celery</b>
Mustard
Soya
Lupin
Sulphites
May contain...