



Spaghetti al Ragu

This recipe is extremely close in taste to the traditional version in an Italian restaurant. I had several meat eaters over and they never guessed it was a vegan option.

It is made with shop bought vegan minced meat. Make sure you buy a good one for this, one you really like. I buy the frozen one from Waitrose (UK).

This recipe serves two people.

Ingredients

250 g spaghetti
150 g vegan minced meat
3 tomatoes
2 onions
40 g tomato puree
2 garlic cloves
1 handful fresh basil
herb salt
black pepper
cayenne
1 teaspoon soy sauce
1 pinch of sugar
1 teaspoon dried Italian herbs
3 tablespoons olive oil

Instructions

- Dice the onion and fry it in a pan with the olive oil until light brown.
- Add the tomato puree, the crushed garlic, and the minced meat and fry until the minced meat is not slobbery but a bit firm. Mix well, so the tomato puree is combined with the oil.
- Dice the tomatoes and the dice in the pan. Spice with herb salt, soy sauce, pepper, cayenne, and dried Italian herbs.
- Let it simmer for at least 20 mins until the tomatoes are soft and saucy. Stir once in a while and add little bits of water if the sauce becomes too dry.
- In the meantime boil the spaghetti al dente.
- Chop the fresh basil and add it to the pan.
- Mix the boiled spaghetti with the sauce on low heat. Mix well until the pasta is infused with the sauce.
- Garnish with fresh basil and a few tomato dice.
- You can also prepare the sauce in advance and keep it in the fridge for 3 days. It goes well with all sorts of pasta, lasagne, grilled aubergine, stuffed veggie etc.