**Spaghetti Tofunese**

This is a great and easy veganisation of the classic Spaghetti Bolognese. It’s a popular mid-weeker and it’s always well received by every generation we’ve made it for. You can also use this sauce for cottage pie in an oven proof dish topped with lashings of mashed potato. It’s so versatile, popular and useful we normally double up and cook a job lot and then freeze the leftovers. If there are any as we tend to go back for seconds and thirds.

Ingredients

* + 1 x 400g block tofu – medium press
  + 1 gulg of olive oil
  + 2 medium onions, diced
  + 2 cloves garlic, minced
  + 1 carrot, grated or finely diced
  + 1 courgette, grated or finely diced
  + 2 cups mushrooms, sliced
  + 1 tsp oregano
  + ½ cup fresh basil or 2 tsps dried basil
  + ¼ tsp ground coriander
  + ¼ tsp celery salt
  + 2 cans chopped tomatoes
  + 1 good squirt of concentrated tomato paste
  + 1 tsp of tamari
  + 1 tsp vegetarian Worcester sauce
  + sea salt and freshly ground pepper to taste
  + 400g Spaghetti

Method

Pour a glug of olive oil into a pan and let heat for 1 minute until hot, add the onions and let them soften without burning. Add the garlic and let it cook for 30 seconds and then crumble the tofu into the pan and add salt and freshly ground black pepper. Reduce the heat and let it settle for a couple of minutes.

Add the carrot, courgette and mushrooms, increase the heat again and cook through. When the veg is starting to reduce, pour in the tinned tomatoes, tomato paste, oregano, tamari, coriander, celery salt and basil and reduce the heat. Stir and allow to simmer for 20 minutes, uncovered.

Optional Extras: You can also add 1/2 tsp of agave nectare to bring out the flavour of the tomatoes. If your audience likes spice, add chilli flakes at this stage. Other optional additions are green or black olives, capers and a dash of red wine. All work really well, lend a bit of bite and ring the changes as we make this dish so often.

Meanwhile, cook the spaghetti as per manufacturer’s instructions. Alternatively, spiralize 2 large courgettes to make raw, wheat-free spaghetti. Or, as I like to, serve with a mixture of cooked, whole wheat spaghetti and a spiralized courgette. It adds a healthy crunch and sneaks raw courgettes into the meal.

This is excellent served with our much-loved Garlic Bread;

Finely dice or mince three cloves of garlic and mash into 1/4 cup vegan margarine. Add a glug of olive oil and mix. Add salt and pepper and a pinch of oregano and stir to fully combine into a paste. Cut a half-baked baguette or ciabatta in half and spread the garlic paste thickly to stick the 2 halves back together. Bake in a hot oven it for 6-8 minutes.

Menu