Vegetarian pasta ‘bolognaise’

A delicious, hearty vegetarian meal that will satisfy the whole family.

Ingredients

- 500g whole grain pasta
- 1 tablespoon extra virgin olive oil
- 1 brown onion, finely diced
- 2 garlic cloves, crushed
- 1-2 cups processed vegetables (I use sweet potato, cauliflower, broccoli and mushroom)*
- 1 tablespoon dried mixed herbs
- 1 700g jar organic tomato passata
- 1 400g tin crushed tomatoes
- 2 tablespoons good quality basil pesto

Method

1. Cook the pasta in a large saucepan of boiling water following packet directions.
2. Heat oil in a large fry pan over high heat. Fry onion and garlic until onion is soft. Add the processed vegetables and herbs until aromatic. Add the passata, crushed tomatoes and basil pesto. Allow to simmer while pasta is cooking.
3. Drain pasta and mix in a little of the sauce. Divide pasta among serving bowls. Top with extra sauce.

*Tip: You can buy pre-packaged, shredded or chopped vegetables from Woolworths.

Written by Rebecca Hawker for Circle In (circlein.com.au), nutritionist and wellness coach who supports busy mums in achieving their health and wellness goals. Discover more recipes from Bec here.