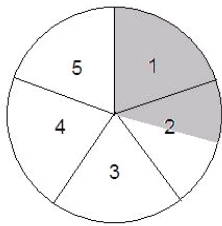


Quorn Tagliatelle

Serves 6

Portions of fruit & vegetables per serving: $1\frac{1}{2}$



Hob needed



Allergen information:

Allergens are in bold.

Contains egg

Contains cereals

containing gluten

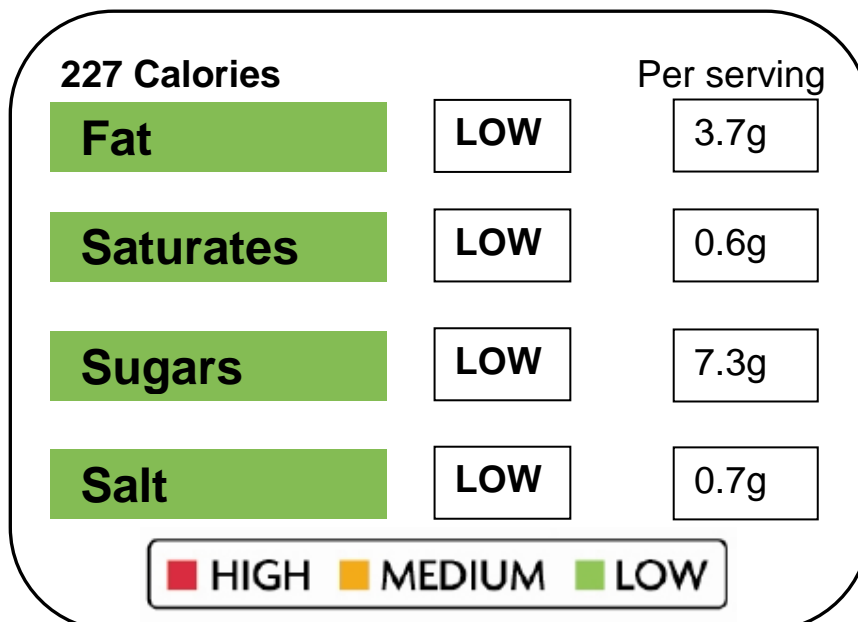
May contain celery and soya

Ingredients	Amount	Preparation
carrot	1 medium	chopped
vegetable oil	1 teaspoon	
garlic (optional)	2 cloves	peeled & crushed
onion	1 large	
mushrooms	100g (4oz)	
sweet pepper	1 medium	chopped
courgette	1 medium	chopped
frozen Quorn mince	200g - 300g (7-11oz)	
canned chopped tomatoes	2 (400g/14oz) cans	
dried mixed herbs	2 teaspoons or to taste	
vegetable stock cube	1	
black pepper	to taste	
tagliatelle pasta	500g (1lb)	

Please Turn Over

Method

- 1 Cook the carrots in a pan of boiling water for 5 minutes to soften.
- 2 In another saucepan, heat the oil, add the garlic and onions and cook over a gentle heat until soft, approximately 5 minutes.
- 3 Add the mushrooms, sweet pepper and courgette to the garlic and onion mixture and cook for 1 minute.
- 4 Add the Quorn and mix together, cook for about 1 minute.
- 5 Add the tomatoes, herbs and crumbled stock cube, mix well and simmer for 2 minutes.
- 6 Drain the cooked carrots and add to the mixture then stir well and simmer for 15 minutes.
- 7 Meanwhile add the tagliatelle to another large pan of boiling water and cook for 5-7 minutes (check the packet instructions). Drain the pasta, reserving $\frac{1}{4}$ pint of the pasta water from the pan.
- 8 Add the cooked sauce to the tagliatelle and mix together over a low heat, if it is too thick add a little of the reserved liquid.
- 9 Add black pepper to taste and serve.



Handy Hints

- Try using other vegetables.
- You could make a large batch of the sauce and store it in the freezer - it can be used for other pasta dishes.