

Quorn Ragu



Prep Time : 10 minutes

Cook Time :40 minutes

Servings :4

Ingredients:

350g pasta shapes

3 cloves garlic, finely
chopped

1 onion, finely chopped

1 courgette finely chopped

1 tablespoon oil

350g bag Quorn mince

1 tin chopped tomatoes

1 tablespoon tomato puree.

300mls hot water, 1 veg stock
cube

To Serve-Crusty bread
and grated cheese.

Get Cooking

- 1.Boil pasta in a large pan.
- 2.Add oil to a large pan, add garlic, onions, courgettes and gently fry for 5 minutes
- 3.Add tomatoes, tomato puree and Quorn, cook for 5 minutes
4. Add stock, simmer for 20 minutes.

Serve

