



Vegetarian Bolognaise (yay...its vegan)

Full of antioxidant rich Warren Grange tomatoes & eggplant, Wild Olive Farm organic garlic, zucchini and Chestnut Grove olive oil this Vegan Spag Bol ticks all the boxes. Meatless Monday used to be a pretty hard sell in our house but recently we all seem to have moved to a happier medium. Only ethically sourced meat, more fish & a few vegetarian days in between. This vegan bolognaise is inspired by Teresa Cutter's version. We love her- as she says in her book EARTH TO TABLE "you can feel the goodness & your body will thank you for it."

Ingredients

- 1 finely diced onion
- 1 crushed garlic clove
- 2 Tablespoons olive oil
- 2 finely diced carrots
- 2 chopped celery stalks
- 1 finely diced red capsicum
- 800g chopped tomatoes
- 2 cups water
- seasoning
- 1 Warren Grange eggplant, cut into small chunks
- 90g crushed walnuts
- Optional: chilli, vegan parmesan or Cambray Cheese if you are not vegan, basil.

Method

- Saute the onion & garlic in olive oil until aromatic & soft.
- Add the finely chopped carrots, celery & capsicum & cook over a low heat for 3 minutes.
- Add the tomatoes & water. Allow to simmer for 20 minutes. Stir every now & then.
- While this is simmering, roast the eggplants for 15mins at 200 degrees fan-forced.
- Add walnuts & eggplant to pot.
- Season.
- Serve with pasta, zucchini zoodles, over baked potatoes with a parmesan of your choice.