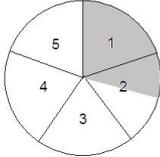


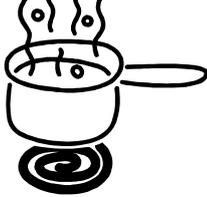
Quorn Tagliatelle

Serves 6

Portions of fruit & vegetables per serving: 1 ½



Hob needed

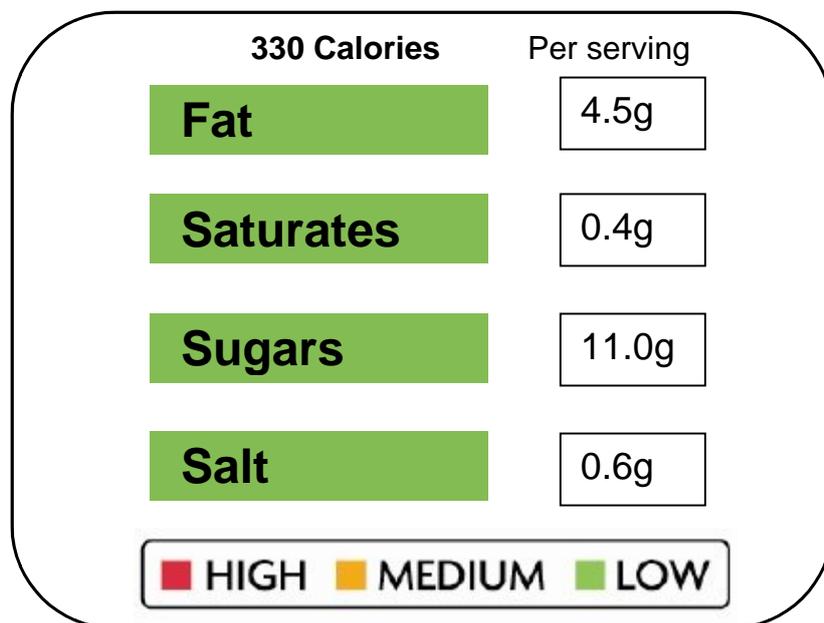


Ingredients	Amount	Preparation
large onion	1	
canned chopped tomatoes	2 (400g/14oz) cans	
mushrooms	100g (4oz)	
vegetable oil	1 teaspoon	
garlic clove (optional)	1	crushed
carrot	1	chopped
turnip	1	chopped
courgette	1	chopped
frozen Quorn mince	200g - 300g (7-11oz)	
black pepper	to taste	
mixed herbs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

Please Turn Over

Method

- 1 Cook the carrots, turnip and courgette in 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 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 and herbs, mix well and simmer for 2 minutes.
- 6 Drain the cooked carrots, turnip and courgette 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. Drain the pasta, reserving $\frac{1}{4}$ pint of pasta cooking liquid.
- 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 e.g. mixed peppers.
- You could make a large batch of the sauce and store it in the freezer - it can be used for other pasta dishes.
- Quorn is a great alternative to meat as it is lower in fat and calories.