



## Ultimate Tofu Spaghetti Bolognese

Savor the richness of our Ultimate Tofu Spaghetti Bolognese—a hearty and flavorful twist on the classic Italian favorite. Crumbled tofu, marinated in soy sauce, mimics the texture of traditional mince, while sautéed shallots, carrots, and garlic infuse the dish with depth and aroma. Tossed with tangy tomatoes and aromatic oregano, this bolognese sauce offers a comforting and satisfying meal, perfect for pasta lovers seeking a plant-based alternative.

### Ingredients

- Tofu
- Carrot medium
- Tomato puree
- Shallot
- Oregano
- Garlic clove
- Spaghetti
- Nutritional yeast
- Tin tomatoes
- Soy Sauce
- Red onion

### Your Pantry

- Olive Oil
- Salt & Pepper

### Nutritional Info

Calories: 421.5 kcal  
Carbohydrates: 74 g  
Protein: 19 g  
Fat: 4.5 g

### Allergens

Soy (Soy Sauce, Tofu)  
Wheat (Pasta)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

### 1) **Boil the kettle**

### 2) **Make the Tofu Mince**

Use your hands to crumble the tofu into small pieces - it should resemble mince (you could also use the coarse setting on your cheese grater). Transfer to a plate with kitchen paper and press another piece of kitchen paper on top to squeeze any liquid you can out of the tofu. Transfer the tofu to a bowl and mix in the soy sauce. Leave aside to marinate.

### 3) **Prepare the vegetables**

Peel and finely chop the shallot and carrot. Peel and crush the garlic. Remove the leaves from a couple of the oregano sprigs (you only need a pinch of leaves per person).

### 4) **Saute the Vegetables**

Add a drizzle of oil to a frying pan and place on medium heat. Once hot, add the shallots and carrots and sautee for 4-5 minutes or until softened and going golden. Add the garlic and fry for another 1-2 minutes.

### 5) **Make the Bolognese**

Add the tofu mince to the pan and turn the heat up slightly. Cook, stirring frequently for 5-8 minutes or until the tofu is going golden and a good amount of water has evaporated off. Add the tinned tomatoes, tomato puree, and 35 ml of water per person (if you have an open bottle of wine at home, you could definitely use that in place of water). Turn the bolognese down to a slow simmer add the oregano and allow to bubble for 5 minutes. While the sauce cooks...

### 6) **Cook the Pasta**

Cook the pasta in boiling water for 8-10 minutes or until cooked to your liking. Drain.

### 7) **Serve the Dish**

Just before you are ready to serve, stir the nutritional yeast into the bolognese and mix well. Serve the pastas into dishes and spoon over the bolognese. Enjoy!



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