




Vegan and Gluten-Free Spaghetti Bolognese




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Ingredients

- 300g gluten-free spaghetti
- 100g soy granules
- 8 tomatoes
- 2 onions
- 4 garlic cloves, crushed
- 6 tbsp dry yeast flakes
- Salt and pepper
- 2 tsp sweet paprika
- 2 tsp dry basil
- 2 tbsp sunflower oil
- fresh basil (for garnish)




Serves




10 mins

Prep



20 mins

Cooking

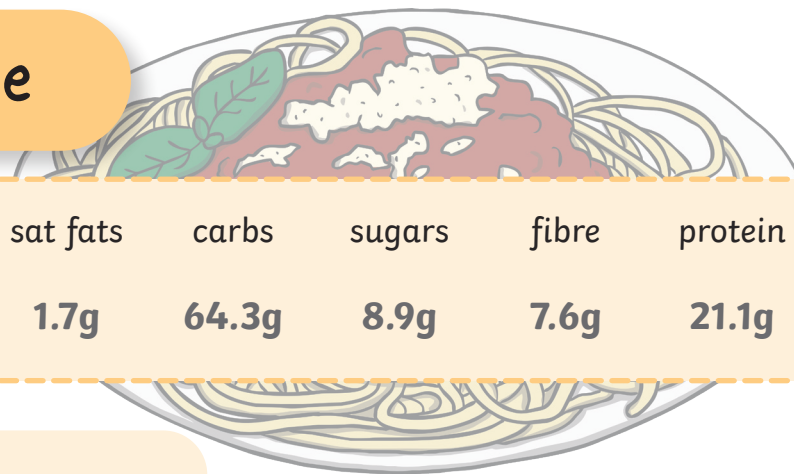


Level

Recipe

1. Chop the tomatoes and then peel and dice the onions.
2. Boil the spaghetti for 15 minutes, or until soft.
3. Boil the soy granules for 10 minutes.
4. Heat the oil in a large frying pan. When the oil is hot, add in the diced onion. Cook until soft.
5. Add the tomatoes, soy granules, paprika, dry basil and season with salt and pepper. Cook through for about 3 minutes, then add the yeast flakes and stir together. Remove from the heat.
6. Add the garlic cloves, we don't want to heat the garlic too much.
7. Serve the spaghetti and bolognese into dishes, and garnish with fresh basil.

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Nutrition Value per Serving

kcal	fat	sat fats	carbs	sugars	fibre	protein
446	12.5g	1.7g	64.3g	8.9g	7.6g	21.1g

Fun Facts

- Soya is a great source of **protein**. For vegans, soya is a great alternative to meats to ensure enough protein is consumed. It is really good to strengthen cells, bones, skin, hair and muscles.
- Traditionally, pasta is made from barley, wheat and rye. These are grains that contain a lot of gluten. Gluten-free pasta is made from grains like corn, rice, amaranth, quinoa and buckwheat.
- Gluten-free pasta is another great source of protein as it contains amino acids, these make up protein.
- Tomatoes are incredibly beneficial for us. They contain **vitamin A, C, and K**. These help to strengthen the body against infections, help with vision and maintain healthy skin and bones.
- Tomatoes also contain **potassium**, which helps muscles work properly, including controlling your breathing and heartbeat.
- Pasta is a **carbohydrate**. Our body breaks down carbohydrates into something called glucose, which gives us lots of energy.

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We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives, hot water and kitchen appliances which use considerable heat. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.

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