

Tempeh Bolognese

Serves 4

8 oz. (225g) penne, uncooked
1 tbsp. olive oil
3 cloves garlic, minced
1 medium onion, chopped
1 red bell pepper, chopped
7 oz. (200g) tempeh, crumbled
14 oz. (400g) can chopped tomatoes
2 tbsp. tomato puree
1 tbsp. apple vinegar
1 tsp. mixed herbs
fresh basil, for serving

What you need to do

1. Cook pasta according to instructions on the packaging.
2. Heat olive oil over medium-high heat in a large pan. Add garlic and onion and sauté until fragrant, for about 3-4 minutes. Add in bell pepper and crumbled tempeh and sauté for another 5 minutes.
3. Reduce heat to medium-low and add chopped tomatoes, tomato puree, vinegar and mixed herbs – season with salt and pepper. Bring to boil and let it simmer for 5-6 minutes or until heated through.
4. To serve, divide pasta and Bolognese between plates and garnish with basil.



| DF | MP | V | | | | | | |
|----|----|---|---------|---------|------|---------|----------|------------|
| | | | Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
| | | | 10 mins | 45 mins | 413 | 10 | 62 | 19 |

*Nutrition per serving

