

# We are ready.....

## Vegetarian bolognaise



### Suggested portion

#### Size for recipe

1-2 years - 90g

3-4 years - 120g

### Ingredients - Serves 5

<b>Onion, peeled</b>	60g (1 small)
<b>Fresh red and green peppers</b>	80g ( $\frac{1}{2}$ medium)
<b>Olive oil</b>	1 tablespoon
<b>Canned tomatoes, chopped</b>	200g (1 x 200g can)
<b>Basil, fresh</b>	1 teaspoon
<b>Soya mince</b>	200g
<b>Mushrooms</b>	60g
<b>Water</b>	100ml

### Method

1. Preheat the oven to 200°C /400°F/gas mark 6.
2. Chop the onions and peppers. Place on a large baking tray, drizzle with half the olive oil and roast in the oven for 20 minutes.
3. Remove the vegetables from oven, cover and leave to cool. Once the vegetables are cool, mix with the canned tomatoes and basil and blend until smooth.
4. Meanwhile heat the remaining olive oil in a pan, add the soya mince and cook until brown.
5. Wash and dice the mushrooms then add these along with the blended vegetables and water to the mince. Simmer for 10 minutes before serving.