

SPAGHETTI BOLOGNESE (makes 6 portions)

1 large **onion**

4 cloves of **garlic**

1.5 tsp **oregano**

1.5 tsp **basil**

½ tsp **fennel seeds**

1 **bay leaf**

2 tsp **smoked paprika**

¼ tsp **cinnamon**

¼ tsp **cayenne pepper**

1 tsp **thyme**

½ tsp **rosemary**

450 g **cauliflower florets**

2 **carrots**

handful of **green beans**

1 **aubergine**

500 g **mushrooms**

160 g **curly kale**

300 ml **hot water**

2 tsp **yeast extract** + 2 tsp **miso**

1 tbsp **balsamic vinegar**

1 tbsp **tamari**

2 tins **tomatoes**

2 tbsp **puree**

1 cup of **red lentils** (soaked 1 hr)

1 cup **cashews** (soaked overnight, then liquidised into a cream with ½ - 1 cup of water)

¼ cup **pearl barley**

black pepper

180 g **spaghetti** (for 2 servings, boil 11 mins)

Fry the **onion** until browning.

Add **garlic** and **spices**, stirring for 2-3 mins (adding water if necessary).

Add **cauliflower**, **green beans** and **carrots**, same again.

Add **aubergine**, same again.

Add **mushrooms**, same again.

Add the **curly kale**, same again.

Add **vegetable broth**, **tomatoes**, **puree**, **lentils**, **pearl barley** and **cashew cream**. Bring to a boil, cover and simmer for 15 mins, then uncovered for 5 mins to thicken sauce.

Remove **bay leaf** and season with **black pepper**.

Serve with **pasta**.