

Vegetable Bolognese

Ingredients

4 cloves of garlic

1 onion

Oregano

Basil

1 Zucchini

2 Carrots

½ Cauliflower

1 kg frozen tomatoes

50g Tomato Paste

Veggie salt and pepper

Method

1. Rock chop your garlic and onions, then put olive oil in the pressure cooker gently fry the onions until soft, add the garlic and fry for another 4 mins.
2. Add the frozen tomatoes, zucchini, basil, tomato paste and oregano, put the lid on let come up to steam then cook for 15 mins.
3. Grate the cauliflower and carrots.
4. Put oil in the wok and once hot gently fry cauliflower and carrot for about 10 mins. Season with veggie salt.
5. Once the tomato sauce has cooked let it cool down a bit then blend once blended add to cauliflower mixture and heat up.
6. Season to taste.

