

RFSS Recipes 2026

Our Healthy Dish Recommendations

Miss Masterman's Veggie Spaghetti Bolognese

Ingredients:

- 360g spaghetti
- 1 tbsp olive oil
- 1 onion, diced
- 44g spaghetti bolognese recipe mix
- 350g Plant Pioneers meat free mince
- 2 tbsp Tomato puree, double concentrate
- 400g chopped tomatoes

Method:

- Bring a large saucepan of water to the boil and add the spaghetti. Cook according to pack instructions, until tender.
- While the pasta is cooking heat the oil in a large high sided sauté pan and add the onion. Cook until soft and translucent then add the plant-based mince and cook out for a few minutes. Add the Bolognese recipe mix and stir to coat, then add the tomato puree and cook out for another few minutes. Tip in the chopped tomatoes, then fill the empty tomato tin with water and add that too. Stir and simmer for a few minutes until thickened and saucy then set aside.
- Portion the cooked pasta between four bowls and add the Bolognese, followed by freshly torn basil leaves

