



# Baby Marrow Spaghetti with Mushroom Bolognese

SERVES 4

## INGREDIENTS

### Mushroom Bolognese

2 tsp olive oil  
1 onion, chopped  
2 garlic cloves, crushed  
500g mushrooms, sliced  
2 tbs tomato paste  
800g can chopped tomatoes  
2 tbs Worcestershire sauce  
4 tbs chopped fresh oregano  
600g firm tofu, diced  
Freshly ground pepper

### Baby Marrow Spaghetti

4 medium baby marrow  
2 tsp olive oil  
2 garlic cloves, crushes  
2 tbs chopped parsley

## METHOD

1. Heat the oil in a large pan, cook the onion and garlic until the onions are softened. Add the mushrooms and increase heat.
2. Cook for 5 minutes then add the tomato paste, tomatoes, Worcestershire sauce and 1 tbs of the oregano. Simmer, covered, for 5 minutes. Add the tofu and heat through. Season with freshly ground black pepper.
3. Meanwhile, slice the baby marrow into thin strips (you can use a mandoline for this). Bring a large saucepan of water to the boil and briefly blanch the baby marrow until tender, about 30 seconds.
4. Heat the olive oil in a pan and lightly fry the garlic. Add the baby marrow and parsley and toss through.
5. Serve the baby marrow topped with the mushroom bolognese.

