Mushroom Walnut Bolognese

3 pasta portions · Active 20 min · Total 45 min

Skills: Easy

Ingredients

- 12 oz mushrooms, finely chopped (340 g)
- 1 tablespoon olive oil (15 ml)
- 1 small onion, finely chopped (100 g)
- 2 garlic cloves, minced
- 1/2 cup finely chopped walnuts (50 g)
- 1 tablespoon tomato paste (15 g)
- 1 can crushed tomatoes (14 oz/400 g)
- 1/2 cup water (120 ml)
- 1 teaspoon dried oregano
- 1/2 teaspoon fine salt
- 1/4 teaspoon ground black pepper
- 8 oz dried spaghetti (225 g)
- 2 tablespoons chopped parsley

Set out

Large skillet, Saucepan, Wooden spoon, Colander

Allergens

Tree nuts, Wheat. Check labels and substitutions.

Make it

1. Heat oil in the skillet over medium-high. Cook mushrooms and onion for 10–12 minutes until their liquid evaporates and edges brown.

2. Add garlic, walnuts and tomato paste and cook for 1 minute, stirring.

3. Add tomatoes, water, oregano, salt and black pepper. Simmer gently for 15 minutes, stirring occasionally.

4. Meanwhile, cook spaghetti according to its package. Reserve a little cooking water, drain and toss pasta with the sauce, adding a spoonful of cooking water if needed. Finish with parsley.

Freeze the sauce rather than all the pasta

A flat frozen sauce portion is easy to thaw in the refrigerator and use with freshly cooked pasta. It also avoids storing more cooked spaghetti than the week’s plan actually needs.

A useful detail

Chop walnuts with a knife rather than grinding them into a fine meal; a little texture is useful.

Keep it well

Refrigerate sauce and pasta within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C, adding a little water and stirring thoroughly.