

Quorn Bolognese stuffed peppers with pasta (serves 2) – vegetarian if you omit the Worcester sauce

You will need:

- 2 red peppers
- 2 tsp rapeseed oil
- Half an onion
- 1 clove garlic
- A handful of mushrooms
- 240g of meat-free mince
- 1 tin of chopped tomatoes (400g)
- 1 tbsp of Worcester Sauce (omit if you're a vegetarian)
- 2 tbsp of red kidney beans (tinned)
- Some basil leaves
- A handful of olives
- 80g of wholewheat pasta

How to make it:

Heat the oven to 180°C/350°F/Gas Mark 4

Cut the peppers in half and place in the oven for 20 minutes.

In a frying pan, heat the oil and fry the onions, garlic and mushrooms (all chopped) until they start to brown.

Add the mince and cook until brown.

Add the tinned tomatoes, Worcestershire sauce, red kidney beans, olives and basil and allow the mixture to simmer for 10-15 minutes.

Meanwhile, cook the whole-wheat spaghetti according to the instructions on the packet.

Once the Bolognese has reduced, remove from the heat. Remove the peppers from the oven and stuff with the mince mixture. Grate some half-fat cheese over the stuffed peppers and place under the grill until the cheese starts to melt.

Serve with the spaghetti and a green salad.

What does this give you?

- 1 portion of protein
- 3 portions of vegetables
- 1 portion of starchy foods

The stats (per serving): 439kcal, 3.7g saturated fat, 18.2g sugar, 10.8g fibre, 33g protein, 2.2g salt.

Preparation and cooking time: 40 minutes

Approx. cost per serving: less than £3

Allergens: Contains gluten, milk, fish (Worcestershire sauce), soya and possibly eggs.
