

Mushroom bolognese

The portobello mushrooms bring a meaty texture to this tasty take on spaghetti bolognese, and the dried porcini mushrooms pack the sauce full of flavour. Top the dish with crumbled feta for a healthy alternative to parmesan.

SERVES 4

PREP TIME 20 MINUTES

COOKING TIME 30 MINUTES

15 g dried porcini mushrooms, rinsed
1 onion, roughly chopped
1 carrot, peeled and roughly chopped
3 cloves garlic, peeled
1 tablespoon olive oil
10 portobello (flat field) mushrooms (500 g), stems trimmed, roughly chopped
2 tablespoons low-salt tomato paste
½ cup (125 ml) dry red wine
1 × 400 g tin chopped tomatoes
1 × 400 g tin low-salt kidney beans, drained and rinsed
½ cup (125 ml) homemade vegetable stock (see page 288) or salt-reduced vegetable stock or water
2 teaspoons salt-reduced soy sauce
150 g linguine
2 zucchinis (courgettes)
100 g reduced-fat feta, crumbled, to serve

1. Place the porcini mushrooms in a small bowl and cover with warm water. Set aside for 15 minutes to soften. Drain, reserving the soaking liquid, then finely chop the mushrooms.
2. Meanwhile, process the onion, carrot and garlic in a food processor and pulse until finely chopped, but not a paste. Heat the oil in a large heavy-based saucepan over medium heat. Add the processed onion mixture and cook, partially covered, stirring occasionally, for 5 minutes or until soft.
3. Meanwhile, working in batches if necessary, pulse the portobello mushrooms in a food processor to pieces no larger than 1 cm.

4. Add the portobello mushrooms to the pan, stir in well and cook, covered, stirring occasionally, for 5 minutes or until the mushrooms release their liquid. Add the porcini mushrooms, increase the heat to medium–high and cook, stirring frequently, for 5 minutes or until the mixture is quite dry. Add the tomato paste and cook, stirring, for 1 minute. Stir in the wine and simmer for 2 minutes or until it has nearly evaporated.
5. Add the tomatoes, beans, stock, soy sauce and reserved mushroom soaking liquid, then bring to a simmer. Reduce the heat to medium and simmer for 10 minutes or until the sauce has slightly thickened.
6. Meanwhile, bring a large heavy-based saucepan of water to the boil over high heat. Add the linguine and cook for 10–12 minutes or until al dente. Then drain.
7. While the pasta is cooking, use a ‘spiral cutter’ or julienne peeler to cut the zucchinis into long strands. (Alternatively, use a knife to cut lengthways into very thin slices, then into long, thin strands.)
8. Add the zucchinis to the drained pasta and toss to combine. Add to the sauce and gently toss to coat the pasta. Season with freshly ground black pepper to taste. Divide evenly among 4 plates or bowls, scatter with the feta and serve.

NUTRITIONAL ANALYSIS

TO SERVE 4 (PER SERVE)

ENERGY (KJ) 1726

PROTEIN (G) 23

CARBOHYDRATE (G) 49

SATURATED FAT (G) 3.5

SODIUM (MG) 651

FIBRE (G) 9