

SPAGHETTI BOLOGNESE WITH VEGETARIAN GROUND MEAT

2 persons / 446 kcal per person

Ingredients:

- 125 grams of mushrooms
- ½ tablespoon of olive oil
- 250 grams of Italian stir-fry vegetables mushrooms
- 100 grams of vegetarian ground meat
- 260 grams of pasta sauce classic
- 130 grams of organic whole grain spaghetti
- 40 grams of arugula
- pepper and salt



Preparation:

Cook the spaghetti al dente according to the instructions on the package. Cut the mushrooms into slices. Heat the oil in a frying pan and fry the mushrooms and stir-fry vegetables for 5 minutes on medium to high heat. Toss regularly. Add the vegetarian ground meat and fry for 2 minutes. Add the pasta sauce and heat for another 3 minutes. Season with salt and pepper if necessary. Drain the spaghetti, mix with the arugula and divide between the plates. Spoon the sauce on top and serve.

Nutritional value per person:

Energy:	446 kcal
Protein:	25.2 grams
Carbohydrates:	60.4 grams
- including sugars:	11.0 grams
Fat:	8.5 grams
Fiber:	13.4 grams
Salt:	2.6 grams