

Fettuccine Bolognese





Serving : 2-3 people



Time : 0.5 - 1 hour

Ingredients

Olive oil, 2 tablespoon

Garlic, minced, 4-5 cloves

Onion, chopped, 1 medium

Tomato Puree, 1 cup

Pepper, crushed

Salt

Mixed Italian Herbs, dried, 2 teaspoon

Tofu, scrambled, 2 cups

Fettuccine Pasta, 100 gms

Water

Directions

- Bring water to boil in a saucepan, add salt while boiling. Now add Pasta and let it simmer till its cooked "al dante" or cook as per instructions on the packet.
- Reserve some pasta water for later use.
- Drain Pasta and run some cold water over it to stop further cooking.



- Coat with olive oil, spread and keep aside.
- Meanwhile, prepare the sauce. Heat olive oil in a pan, add garlic, saute till aromatic.
- Add onions, cook till translucent, add Tomato puree.
- Mix everything and let it simmer while covering it.
- Season with salt, pepper and mixed Italian herbs.
- Now add tofu. Mix everything properly and cook till tofu is well cooked and all the sauce is soaked into it.
- Reserve half of the sauce for later use.
- Add pasta water to the sauce left in the pan.
- Let it cover and simmer. Now add pasta and coat well. If you like more saucy pasta, add pasta water to it.
- Pasta is ready.
- Plate it with reserved sauce, Parmesan cheese and cilantro.
- Enjoy.



Notes

- You may use spaghetti if you are out of fettuccine.
- If you are vegan, you may exclude Parmesan cheese.
- For extra flavour may use butter, this one is more on the healthy side.
- Use store-bought tomato puree or add tomato paste as well if you are using homemade tomato puree for great colour and flavour.
- If you have fresh Italian herbs, you may use them

Thanks

