

## FTP Bolognese



These plant-based FTP version delivers the rich, hearty flavor profile and satisfying texture associated with the classic Bolognese dish. The meaty structure of FTP Minced retains juiciness while effectively absorbing aromatics, fats, and seasonings.

### Ingredients:

- 100 g FTP Minced
- 200 ml Vegetable broth or water
- 3 tbsp Olive oil
- 2 g Beef aroma (optional)
- ½ Finely chopped onion
- 1 Garlic clove chopped
- 1 tbsp Tomato paste
- 350 ml Tomato sauce (Recommendation: Alnatura Tomato Sauce Grilled Vegetables)



- 10 g Chopped fresh parsley
- 2 g Dried basil
- 2 g Dried thyme
- 2 g Dried rosemary
- 2 g Salt
- 1 g Black pepper
- 60 g Parmesan (optional)
- 2 Eggs (optional)
- 250 g Tagliatelle or Spaghetti

#### **Instructions:**

1. **Sauté the vegetables:** Heat olive oil in a skillet at 120 °C (medium heat). Add the chopped onion and garlic, and sauté for about 5 minutes. Stir in the tomato paste and cook for another 2 minutes.

**Optional:** For a deeper, meatier flavor, dissolve 2 g of beef aroma in 200 ml of vegetable broth or warm water.

2. **Simmer:** Deglaze with tomato sauce and the prepared broth or water. Add the dry FTP Minced and dried herbs, then simmer for 5–10 minutes. Finish with chopped parsley. Thanks to its fine-pored texture, FTP Minced hydrates quickly and evenly, soaking up the sauce for a rich, savory taste.
3. **Prepare the pasta:** Cook tagliatelle in salted water. **Optional:** Cook pasta only until al dente. In parallel, mix parmesan with 2 eggs (or pasta water) and pepper until it becomes creamy. Next, combine the hot pasta with the egg and Parmesan blend.
4. **Garnish and serve:** Top the pasta with the Bolognese sauce and garnish with fresh parsley.

**Serving Suggestion:** Serve the rich, savory Bolognese sauce over a bed of al dente tagliatelle. Top with freshly grated Parmesan cheese and a sprinkle of fresh parsley.