



Organic
Plant
Protein

Meat replacement:
PlantMate
GRANULATE



BOLOGNESE - plantbased

Ingredients for 4 servings

120 g **PlantMate granulate** (hard)
35 g Beet root juice
2 Onions, finely chopped
2 Carrots, finely chopped
1 Can of chopped tomatoes
2 tbsp tomato concentrate
2 cloves of garlic
3 tbsp oregano
Oil for frying
Salt
Pepper

Serving suggestion

Serve with pasta and top with vegan cheese and fresh basil

Procedure

- Soak the granulate in 1L of cold water, add 10 g salt and 35 g beet root juice for 10 minutes and drain
- Fry onion, garlic, carrots and spices in oil
- Add the granulate to the frying pan and fry until it gets a nice crust
- Add tomato concentrate and chopped tomatoes
- Cook for 10 minutes
- Season with salt and pepper

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