

# Spaghetti with Wood Ear Mushrooms and Brussel Sprouts

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## Ingredients

1 packet gluten free spaghetti  
150g wood ear mushrooms torn into halves or quarters  
200g Brussels sliced thinly  
800g fresh tomatoes diced  
1 red onion diced finely  
3 cloves garlic  
3 tsp dried basil or ¼ cup of fresh basil leaves  
1 tbsp dried oregano or 3 tbsp fresh oregano  
½ cup red wine  
Big splashes of olive oil  
Salt  
Chilli (optional)  
Pepper

## Method

1. Place a big splash of olive oil in a wok and add the herbs, salt, chilli if using, onion and garlic and sauté for a few minutes.
2. Next add the tomatoes, put the lid on the wok and cook on a moderate heat until the tomatoes are broken down.
3. Add the wine and take the lid off the wok and simmer for 15 minutes or more.
4. Meanwhile in a frying pan sauté the Brussels with a smaller splash of olive oil and some salt. Cook until soft.
5. Take Brussels out of the frying pan and then sauté the wood ear mushrooms for a few minutes.
6. In a blender add half of the tomato sauce and blend. Add that back to the wok and stir in the Brussels and wood ear mushrooms.
7. Keep on a simmer while you cook the spaghetti.
8. Add the cooked spaghetti with ¼ cup of the cooking water to the wok with the tomato sauce and stir through.
9. Add another splash of oil if the sauce is not sticking to the spaghetti.
10. Taste for salt and pepper and add more if needed
11. Serve with your favourite vegan sprinkle.



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