

Mushroom Walnut Bolognese with a Hint of Cinnamon

A simple and comforting bolognese-inspired dish featuring earthy mushrooms and crunchy walnuts, with a subtle cinnamon twist that adds warmth and depth to the traditional flavors.


25 min

Total time

Easy

Difficulty

450

kcal / serving

Ingredients

- 100g cremini mushrooms, chopped
- 30g walnuts, finely chopped
- 1 small onion, finely diced
- 1 garlic clove, minced
- 150g canned crushed tomatoes
- 1 tsp olive oil
- 1/4 tsp ground cinnamon
- Salt and pepper to taste
- Fresh basil leaves for garnish
- Cooked pasta of choice (about 80g dry weight)

Steps

- 1 Heat olive oil in a pan over medium heat.
- 2 Add diced onion and minced garlic; sauté until translucent.
- 3 Add chopped mushrooms and cook until they release moisture and begin to brown.
- 4 Stir in chopped walnuts and cook for another 2 minutes.
- 5 Add crushed tomatoes and ground cinnamon; stir well.
- 6 Simmer on low heat for 10 minutes, stirring occasionally.
- 7 Season with salt and pepper to taste.
- 8 Serve hot over cooked pasta and garnish with fresh basil leaves.