

Lentil Bolognese

Lentils are a great source of protein and they are so versatile in cooking. This recipe uses them to add texture and nutrients in a time-honoured favourite for the whole family to enjoy! Lentils are a great source of fibre, folate and potassium, making them great for heart health and managing blood pressure and cholesterol.

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, finely chopped
- 2 cloves of garlic, finely chopped
- 1 carrot, grated
- 2 sticks of celery, chopped
- 4 mushrooms, chopped
- 2 tins green/brown lentils, drained
- Can of chopped tomatoes
- 500ml stock
- 2 tsp mixed herbs
- Salt and pepper
- 300g wholewheat pasta

NOTES

You can use different herbs, spices and condiments to add more flavour to your dish. Try a dash of soy sauce or balsamic vinegar for extra depth. You could also add a bay leaf or fresh rosemary while the Bolognese simmers and add fresh parsley or basil at the end. We like to add frozen peas for a little extra sweetness 5 mins before serving.



METHOD

1. Heat the oil, add the onion, garlic, celery and carrot and stir and cook gently for 10 mins until softening.
2. Add the mushrooms and cook for another 5 minutes.
3. Add the chopped tomatoes, stock and mixed herbs and bring to the boil. Reduce heat and simmer for 15 minutes.
4. Stir in the lentils and season with a pinch of salt and black pepper. Simmer for another 5-10 minutes.
5. Meanwhile add the pasta to a pot of boiling, salted water and cook for 8-10 minutes until al dente.
6. When the pasta is cooked, add to the bolognese with a splash of pasta water and mix.
7. Serve with black pepper and a vegan parmesan-style cheese (optional)