

LENTIL BOLOGNESE

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I had to get a little classic in here. This one is great for a family dinner and also great for the kids. Really really tasty. I serve mine with buckwheat pasta but you can get as creative as you want with this one. Ready in just 20 minutes, it's the best. Gluten-free, vegan, dairy-free, egg-free, refined sugar-free.



Makes 4 servings



Total Time: 20min



Prep: 5min

Ingredients

- Splash of olive oil
- 1 large red onion finely diced
- 4 garlic cloves crushed
- 200 g button mushrooms sliced
- 1 large carrot finely diced
- 150 g tomatoes finely chopped
- 1 tbsp dried basil
- 1 tbsp dried oregano
- 2 400g tins of chopped tomatoes
- 2 400g tins of green lentils
- 1 tsp veg stock powder
- 1 tbsp tamari
- Pasta / spaghetti

Method

- Firstly prep your veg as per the instructions
- Place a large pot on a medium heat adding the olive oil, garlic, onion, veg and herbs and fry together for a couple of minutes until they soften
- Then add the tinned tomatoes, lentils, tamari and veg stock powder and mix it together well with a wooden spoon
- Cook on a medium/high heat for 15 minutes until it starts to thicken making sure to stir every 5 minutes
- Meanwhile, cook your pasta or spaghetti of choice following the packet instruction or make your own fresh if you want to make it extra special
- Simply serve on top or mixed into your pasta, however you prefer. Top with fresh basil and black pepper

Equipment needed:

Large saucepan, wooden spoon, chopped board, knife