



LENTIL SPAGHETTI BOLOGNESE

SERVES
4

35
MIN





LENTIL SPAGHETTI BOLOGNESE

INGREDIENTS

Cooked spaghetti (500 grams), try wholemeal
½ tablespoon of extra-virgin olive oil
1 small white onion, finely diced
2 cloves of garlic, crushed
2 carrots, finely diced
2 sticks of celery, finely diced
¾ cup dried red lentils
400 grams tinned chopped tomatoes
2 ½ cups salt-reduced vegetable stock
3 teaspoons chopped fresh parsley or fresh basil
Grated parmesan cheese

INSTRUCTIONS

Heat the oil in a large pan and add the onion. Cook for 2-3 minutes until it starts to soften and then add the garlic, carrot and celery. Fry for another 3-4 minutes.

Add the lentils, tinned tomatoes and stock, then bring to the boil. Reduce to a simmer and cook for 25 minutes until the lentils and vegetables are soft.

Remove from the heat and serve with cooked spaghetti.

Sprinkle with some parsley or basil and grated parmesan cheese.

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