LENTIL BOLOGNESE



Ingredients

3 tbsp olive oil
2 onions
finely chopped
3 carrots
finely chopped
3 celery
sticks, finely chopped
3 garlic cloves
crushed
500g bag dried red lentils
2 x 400g cans chopped tomatoes
2 tbsp tomato purée
2 tsp each dried oregano
and thyme
3 bay leaves
1l vegetable stock
500g spaghetti

Recipe Link

Lentil bolognese recipe | Good Food

Instructions

step 1
Heat the oil in a large saucepan and add the onions, carrots, celery and garlic. Cook gently for 15-20 mins until everything is softened.
step 2
Stir in the lentils, chopped tomatoes, tomato purée, herbs and stock. Bring to a simmer, then cook for 40-50 mins until the lentils are tender and saucy – splash in water if you need. Season.
step 3
If eating straight away, keep on a low heat while you cook the spaghetti, following pack instructions. Drain well, divide between pasta bowls or plates, spoon sauce over the top and grate over some cheese.
step 4
Alternatively, cool the sauce and chill for up to 3 days. Or freeze for up to 3 months. Simply defrost portions overnight at room temperature, then reheat gently to serve.