

LENTIL BOLOGNESE

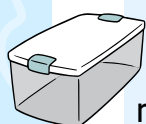
Serves: 6 Ready in: 30 mins Cost per serve: \$1.60

Ingredients

3 tbsp olive oil
2 white onions, finely chopped
3 medium carrots, finely chopped
150g frozen spinach
3 cloves garlic, crushed
3 x 420g canned brown lentils
2 x 400g canned diced tomatoes
1 tbsp dried oregano
1 tsp salt
500g spaghetti
Parmesan, grated (optional)



✓ Tips



Bolognese sauce can be prepared in bulk and refrigerated for up to 3 days or frozen for up to 3 months.

Choose 'no salt added' options for canned items to reduce salt intake.

If using dried lentils, add in step 2 with 1L vegetable stock and leave to simmer and cook for 40-50 minutes.

Directions

1. Heat olive oil in a large pan over medium heat. Add onions, carrots and garlic and fry for 5 minutes.
2. In a bowl, lightly mash lentils with a fork.
3. Add lentils, tomatoes, spinach, oregano and salt. Bring to a simmer and cook for 20 minutes until saucy.
4. At the same time, cook spaghetti in a separate pot according to the package instructions. Drain and serve topped with bolognese sauce and cheese (if using).

