



Lentils for Life Cooking Session



Full of goodness lentil bolognese

INGREDIENTS

- 1/2 onion
- 1 carrot
- 1 stick celery
- 1/2 red pepper
- 1-2 tbsp oil
- 4 mushrooms (~75g)
- 1 clove garlic
- 100g red lentils
- 1 tin tomatoes
- 1/2 tsp oregano
- 1/2 tsp thyme
- 1/2 stock cube

NOTES

Add a couple of bays leaves and a splash of Worcestershire sauce for extra flavour. Nice served with grated cheese on top.

DIRECTIONS

1. Chop the onion, carrot, celery and pepper and fry gently in the oil for 10-15 minutes until softened.
2. Thickly slice the mushrooms and add to the pan.
3. Finely chop the garlic and add to the pan.
4. Cook for 5 minutes to soften the mushrooms.
5. Rinse the lentils and add to the pan along with the tinned tomatoes, oregano and thyme.
6. Dissolve the stock cube in 300ml hot water and add to the pan.
7. Simmer gently for about 20-30 minutes until the lentils are soft and tender and the sauce thickens.
8. Season to taste.

2-3 servings
195 kcals/portion
10g Fibre/portion

