

Red Lentil Bolognese



Serves: 2

Cooking time: 30 minutes

Ingredients

- 1 onion, chopped
- 1 clove of garlic, chopped or crushed
- 1 large handful of vegetables of your choice (pepper, carrots, mushrooms), chopped or grated
- 1 tablespoon oil
- a handful of fresh parsley
- 1 vegetable stock cube
- 1 x 400g tin of chopped tomatoes
- 100g dried brown or red lentils, rinsed

Method

- Heat oil in a pan and add onion and garlic to soften.
- Add vegetables and put on a low heat and fry gently, stirring occasionally to prevent sticking and burning.
- Add parsley, crumble in the stock cube, add chopped tomatoes and lentils, then stir.
- Cover and simmer over a low heat for 20 minutes, or until the lentils are cooked.
- You may need to add a small teacup of water if the sauce looks too dry, use your judgement.
- Once the lentils are done, it's ready to serve. As with any Bolognese, this is delicious topped with a grating of strong hard cheese.

Adapted from:

<https://cookingonabootstrap.com/2013/02/13/red-lentil-bolognese-recipe/>