

# Lentil Bolognese



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Green	Everyday	Green	Green	Green	Green	Green	Green

**PREP/COOKING TIME: 75 MINUTES**

**BASED ON: 8 SERVES**

## INGREDIENTS

### Lentil Bolognese sauce

	SERVES 8	SERVES 16	SERVES 32
Olive oil	As needed	As needed	As needed
Onion, diced	1 medium	2 medium	4 medium
Garlic, finely diced	1 clove	2 cloves	4 cloves
Carrot, grated	1 medium	2 medium	4 medium
Celery, sliced	1 stalk	2 stalks	4 stalks
Zucchini, grated	1/2 medium	1 medium	2 medium
Herbs, fresh	To taste	To taste	to taste
Tomato paste, salt-reduced	1 1/2 tbsps	3 tbsp	6 tbsp
Worcestershire sauce	2 tsp	4 tsp	8 tsp
Tomato passata	1 cup	2 cups	4 cups
Beef stock powder	2 tsp	4 tsp	8 tsp
Brown lentils, undrained	2 x 400g tins	4 x 400g tins	8 x 400g tins

### To serve

Pasta (dry)	250g	500g	1000g
Light cheddar cheese, grated	1/2 cup	1 cup	2 cups

## METHOD

1. Lightly coat the bottom of a saucepan with oil over medium heat.
2. Add the onion and garlic and cook for a minute or two, until the onion starts to look transparent.
3. Add the carrot, celery and zucchini. Cook for a couple of minutes, until they are soft and most of the liquid in the pan has evaporated.
4. Add the herbs, tomato paste, Worcestershire sauce, passata, beef stock powder, undrained brown lentils and stir to combine.
5. Bring to the boil, then reduce heat to low and simmer for an hour or until sauce has reduced, stirring regularly to stop it from sticking to the bottom of the pan.
6. Meanwhile, cook the pasta as per the instructions on the packet.
7. Drain pasta and add to sauce mixture, stirring to combine.
8. Top each serve of pasta with cheese.