

Spaghetti Bolognese

Serves 4



Ingredients

- 100g Dried Red Lentils, soaked for at least 1 hour
- 200g Beef Mince
- 2 tbsp Oil
- 1 Onion, finely chopped
- 3 Garlic Cloves, crushed
- 1 Carrot, grated
- 1 Courgette, grated
- 1 Pepper (any colour), diced
- 5 Mushrooms, diced
- 400g tin Chopped Tomatoes
- 1 tbsp tomato puree
- 2 tsp paprika
- 2 tsp oregano
- 1 beef stock cube
- 1/2 tin water
- 300g Spaghetti (or other pasta type)
- Cheese (optional)

Simple and easy to make. Lentils are a good source of protein and are filling

Grating vegetables into recipes is a great way to add more into your meals

Method

1. Heat the oil in a pan and brown the mince.
2. Add the onion. Cook for 2 minutes
3. Add the garlic, peppers, courgette and carrot and fry for 5 minutes
4. Add the lentils, chopped tomatoes, tomato puree, stock, mushrooms and herbs and spices along with 1/2 tin water.
5. Bring to the boil for 10 minutes. Reduce to a simmer and cook for 25 minutes until the lentils and vegetables are soft.
6. Cook the pasta per the packet instructions & drain once cooked
7. Serve - you could add grated cheese on top



Suitable to freeze

Join us for our LIVE cooking demonstration on Wednesday at 4pm via our Facebook page facebook.com/PennypitTrust