

COOKING UP

VEGGIE BOLOGNESE

Super healthy and wholesome, this lentil-based bolognese is packed full of flavour!

SERVES 4 

INGREDIENTS

2 tablespoons vegetable oil
1 medium onion
1 stick celery
2 carrots
2 garlic cloves finely chopped/minced
150g chestnut mushrooms
100g red lentils
100g green lentils
2 x 400g cans chopped tomatoes
2 tablespoons tomato purée
1 teaspoon dried oregano
1 tablespoon vegetarian Worcester sauce
400-600ml vegetable stock
Salt & pepper
400g dried spaghetti or other pasta

EQUIPMENT

Knife
Peeler
Measuring spoons
Scales
Wooden spoon
Chopping board
Measuring jug
2 saucepans

ALLERGENS

Celery, Gluten

TIP

Transform this into a veggie chilli by adding spices and some kidney beans.



METHOD

- 1 Peel the onion and dice finely. Trim the ends of the celery and dice into small pieces (similar size to the onion). Peel the carrots and chop into 1cm cubes.
- 2 Heat the vegetable oil in the saucepan and add the chopped vegetables. Stir well, cover and cook over a medium-low heat for approximately 10 minutes, stirring often until soft.
- 3 While the vegetables are cooking, place the garlic cloves on a chopping board and squash with the back of a wide bladed knife; remove the skin and chop finely. Prepare the mushrooms by chopping finely into small cubes.
- 4 Add the garlic and mushrooms and cook for a further 2 minutes, then add both lentils, tins of tomatoes, tomato purée, oregano, Worcester sauce and 400 ml vegetable stock. Heat till bubbling, then simmer, stirring occasionally for approximately 20-25 minutes until the lentils are tender. Keep checking and add more stock if required.
- 5 If eating straight away, keep on a low heat while you cook the spaghetti following the pack instructions. Drain, divide between 4 bowls, spoon the sauce over the top and grate over some cheese.



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