



ZANNIE KROGH

NUTRITIONAL THERAPIST

LENTIL BOLOGNESE

Recipe inspired by Anna Jones. This is a great vegetarian take on the classic, rich in flavour and depth.

Serves 4

Ingredients

- 2 x tbsp of coconut oil / olive oil
- 2 x carrots, peeled and chopped into small cubes
- 1 x stick of celery, chopped into small cubes
- 2 x garlic cloves, chopped
- 1 x onion, chopped
- 250g cooked green lentils
- 150g chestnut mushrooms, sliced
- 400g tinned tomatoes
- 1 x vegetable stock cube
- 1 tsp of maple syrup/honey
- 1 x red chilli, deseeded and chopped
- 2 x tbsp of balsamic vinegar
- 75g whole wheat pasta of choice **per person** (or gluten free pasta)
- Optional: 2 x handful of chopped parsley, 2 x tbsp of grated parmesan cheese to serve

Method

Put a heavy pan on a medium heat and add the oil. Once heated add the onion, carrots, celery, mushrooms, garlic and cook for a few minutes.

Add the lentils, chopped tomatoes, vegetable stock with half tin of hot water. Roughly chop the dates (or maple syrup/honey) and add to the pan with the chilli and the vinegar. Season well.

Simmer for 25 minutes or until you have a thick sauce.

Put the pasta on to cook with boiling water (as per the instructions).

When the sauce is ready, take off the heat and serve with the cooked pasta.

Top with the top optional parmesan and chopped parsley.