

## February recipe

### Lentil Bolognese

Serves 4

Prep time 10 minutes

Cooking time 40 minutes



#### Ingredients

- 2 large carrots, grated
  - 1 large onion, finely chopped
  - A tin of chopped tomatoes
  - A tin of green lentils
  - 100g of sundried tomatoes, chopped small
  - One vegetable stock cube
  - Tablespoon of tomato puree
  - 2 gloves of garlic, crushed
  - Tablespoon of vegetable oil
1. Heat up a tablespoon of vegetable oil in a pan. Add the chopped onions, garlic and grated carrots and cook them over a medium heat for 2-4 mins until the onions start to soften.
  2. Add the tinned tomatoes, lentils, sundried tomatoes, and the tomato puree. Crumble in the stock cube and season with a little salt and pepper.
  3. Reduce the heat to low and pop a lid on the pan if you have one and leave to cook away for about 30 mins. You may need to add some boiling water to loosen the bolognese. 50/100mls depending on whether you like thicker sauces.

Serve with pasta, on top of a jacket potato or add to a wrap or pitta bread.