

Vegetarian Bolognese



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4-6 portions

INGREDIENTS

200g Carrots
100g Peppers
15ml Oil
300g Vegetarian Mince
120g Red Lentils
300ml Cold Water
5g or ½ Vegetable
Stock Cube

Tomato Sauce

80g Onions
10g Garlic
15ml Oil
½ tsp Mixed Herbs
15g Tomato Paste
500g Chopped
Tomatoes
10g Honey or Sugar

METHOD

Make the tomato sauce.

Tomato Sauce

Peel and dice the onions. Peel and finely chop the garlic. In a pan heat the oil and cook the diced onions and garlic on a medium heat until soft.

Add the mixed herbs and tomato paste and cook gently for a few more minutes.

Add the chopped tomatoes and honey/sugar, then bring to the boil and simmer for 15 minutes.

Peel and dice the carrots and dice the peppers.

Heat the oil in a pan and fry the carrots and peppers for 2 minutes.

Add the vegetarian mince and cook for a further 5 minutes.

Add the tomato sauce, red lentils, water and vegetable stock, simmer for 30 minutes then serve.