

Vegetable Bolognese



Ingredients

40ml (2tbs) olive oil
2 small onions peeled, finely chopped
2 garlic cloves, crushed
6-8 carrots grated or finely chopped
3 sticks celery finely chopped
2 tbsp tomato paste
2 x 400g lentils
800g can crushed tomatoes
Salt. Pepper
Shredded silverbeet, kale or spinach

Method

Heat the oil in a frypan. Add the onion and garlic and cook over low heat until the onion is softened. Add chopped carrots and celery and cook for several minutes until softened.

Add the tomato paste, crushed tomatoes, lentils, 125ml (1/2 cup) water and season with salt and pepper. Simmer for 25 minutes until thickened.

Serve sprinkled with parmesan over hot pasta.

