

Lentil Bolognese Pasta

Lentil Bolognese pasta that is full of flavour, easy to make and ready in under 30 minutes! This meal is high in plant-based protein which is an essential macronutrient that helps build muscle, repair tissue and make enzymes in the body.

This recipe makes ONE serving, but can be doubled, tripled or even quadrupled to make many meals in bulk. Store it in an airtight container in the fridge for up to 3 days, and reheat in a microwave until piping hot.

Suitable for vegans.

INGREDIENTS

1 small white onion, chopped
1 clove of garlic, minced
1 tbsp olive oil
1 small carrot, peeled and diced
1 small stalk celery, chopped
250g chopped tomatoes
45g green lentils
160ml low sodium vegetable stock
1/2 tsp dried basil
1/2 tsp dried parsley
1/4 tsp salt
1/4 tsp chilli flakes (optional)
70g uncooked spaghetti
A pinch of black pepper
Fresh basil to serve.

METHOD

1. Add the olive oil, onion and garlic to a large pot over medium heat and cook for 5 minutes until the onion begins to brown.
2. Add the carrot and celery and cook for approx 8 minutes until the carrots soften and brown slightly.
3. Add the chopped tomatoes, green lentils, vegetable stock, dried basil, dried parsley, salt, chilli flakes and black pepper. Stir well to incorporate then cook over high heat.
4. Once boiling, reduce the heat to low. Cover and let simmer for approximately 25 minutes, stirring occasionally, until the lentils are fully cooked.
5. About half way through, bring a large pot of water to the boil and cook the pasta according to the package instructions.
6. Serve the sauce over pasta with fresh basil and a pinch of black pepper.