



VEGGIE SPAGHETTI BOLOGNESE

 **Prep: 15 minutes**

 **Cook: 30 minutes**

 **Serves: 4**

Each serving contains



of your guideline daily amount

INGREDIENTS:

- 180g dried Puy lentils
- 1 tbsp oil
- 1 clove garlic, chopped
- 1 onion, chopped
- 2 carrots, diced
- 2 sticks celery, diced
- 50ml red wine
- 400g can chopped tomatoes
- 1 tbsp tomato puree
- 2 tsp dried oregano
- 1 tsp **LoSalt**
- 300g wholewheat spaghetti

METHOD:

1. Cook the lentils in boiling water for 20 minutes, drain.
2. Meanwhile, heat the oil in a saucepan and fry the garlic, onion, carrots and celery for 5 minutes. Add the red wine and cook until reduced by half.
3. Add the tomatoes, puree, oregano and **LoSalt**. Half fill the tomato can with water and add to the pan.
4. Add the lentils and bring to the boil, simmer for 10 minutes until lentils are tender.
5. Meanwhile, cook the spaghetti in boiling water for 10 minutes or until tender, drain and serve with the lentil Bolognese.