



Red Lentil Bolognese with Wholewheat Spaghetti

Red lentils make the perfect vegetarian alternative to meat here! Lentils are full of rough and soluble fibre, as well as being high in protein and vitamins. They have a very mild but creamy flavour, so perfect for kids and fussy eaters too!

Nutritional Info

Calories: 562 kcal
 Carbohydrates: 98.6g
 Protein: 28.8g
 Fat: 4.7g

Ingredients

- | | | |
|---|---|---|
| <ul style="list-style-type: none"> • Onion • Garlic • Carrot • Tinned tomatoes • Red lentils | <ul style="list-style-type: none"> • Vegetable stock cube • Tomato puree • Wholewheat Spaghetti • Grated Cheese | <p>Your Pantry</p> <ul style="list-style-type: none"> • Olive Oil |
|---|---|---|

Allergens

Wheat (Pasta)

Milk (Parmesan)


Celery (Stock Cubes - may contain traces of Egg, Soya & Mustard)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Boil the kettle**

2) **Prepare the vegetables**

Peel and finely chop the onion. Peel and crush the garlic. Peel and thinly slice or grate the carrot.

Dilute each stock cube in 500ml of boiling water. Portion out 125ml of this stock per person for step 4 (keep the rest aside in case you would like to add it later).

3) **Saute the vegetables**

Add a teaspoon of oil to a saucepan and place on medium heat. Add the onion and saute until soft (approx 3 minutes) before adding the garlic and carrot. Saute for a further 2 minutes.

4) **Make the bolognese**

Add the tomatoes, lentils, tomato puree, and stock. Bring to the boil and then turn down to a simmer. Leave to cook, uncovered for 15-20 minutes or until the lentils are tender. If the sauce seems a little dry, and the lentils are underdone, at a little of the remaining stock.

While the bolognese is cooking...

5) **Cook the spaghetti**

Add the spaghetti to a pan of boiling water and cook for 10-12 minutes or until cooked to your liking. Drain and set aside.

6) **Plate the dish**

Serve the bolognese on top of the pasta and garnish with the grated cheese.



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