

# Red Lentil Bolognese Sauce

Recipe adapted by Anna Cash  
BANT Registered Nutritionist ®



## MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	226 kj	3%
Energy (kcal)	54 kcal	3%
Fat	1g	1%
<i>of which saturates</i>	0.2g	1%
Carbohydrate	6.6g	3%
<i>of which sugars</i>	2.4g	3%
Fibre	1.3g	5%
Protein	2.6g	5%
Salt	0.19g	3%

Generated by Nutritics v5.61 on 22nd Jan 2021

## INGREDIENTS:

- 1 tablespoon extra virgin olive oil
- 1 onion diced
- 2/3 cloves garlic minced
- 1 carrot diced
- 1 **CELERY** stick diced
- 1 red pepper diced
- 1 courgette diced
- 200g dried red lentils
- 125ml cup vermouth/white wine (**SUPLHITES**)
- 2 400g tins chopped tomatoes
- 2 cups water (add more if needed)
- 1 vegetable/chicken/beef stock cube (may contain **CELERY**, **GLUTEN**)
- 150g mushrooms diced

## METHOD:

1. Lightly fry the onion, garlic, carrot, celery and red pepper in the olive oil for about 5 minutes. Add the courgette and fry for a further 2 minutes. Add the dried red lentils and stir until well incorporated with the vegetables.
2. Add the vermouth/white wine and stir whilst bubbling for 2 minutes to burn off the alcohol. Then add the tinned tomatoes, water and stock cube. Bring to the boil then turn the hob down and allow to simmer for about 20 minutes.
3. Add the mushrooms and simmer for a further 10 minutes. Serve with wholegrain spaghetti or courgetti.

## ALLERGENS



CELERY



SULPHITES



GLUTEN

## MODIFY

You can omit the vermouth/white wine if you don't want to use alcohol.

You can add some smoked paprika and bacon bits to make it more spicy/meaty.

## CREDIT

Recipe by: Anna Cash  
Photo by: Frederic Dupont