

## **Red Lentil Bolognese Sauce**

Recipe adapted by Anna Cash BANT Registered Nutritionist ®

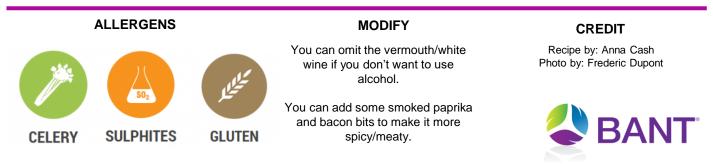


## **INGREDIENTS:**

- 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.



## **MACRONUTRIENT VALUES PER 100G**

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

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