



# Lentil Bolognese

SERVES: 4



## Ingredients

1 red onion, diced  
2 garlic cloves, finely chopped  
1 red pepper, diced  
1 tin chopped tomatoes  
2 tins green lentils  
1 tsp mixed herbs  
1 tsp vegetable stock powder or  
1 cube  
½ bag of spinach  
Olive oil, for frying  
300g wholewheat spaghetti

### To serve:

Fresh basil (optional)

## Directions

1. Fry onion and garlic in olive oil until soft.
1. Add pepper and fry for 5 minutes.
1. Add tomatoes, mixed herbs and stock powder. Simmer for 15 minutes.
1. Meanwhile, cook the spaghetti in a pan of boiling water.
1. Add lentils, cook for 5 minutes.
1. Stir in spinach until wilted.
1. Serve the bolognese on top of the spaghetti and garnish with fresh basil.

## Notes

- When cooking the spaghetti, add a little olive oil to prevent it sticking together.

