

# Lentil Bolognese

 Serves: 4  Difficulty: Medium



## Ingredients

- 1 brown onion
- 4 garlic gloves
- 1 carrot
- 1 celery stick
- 1 tbsp rosemary leaves
- 8-10 mushrooms
- 400g can brown lentils
- 1 tbsp olive oil
- 400g can crushed tomatoes
- Salt and pepper to season
- 1/2 cup water
- 500g spaghetti
- Parmesan cheese to serve

## Method

1. Wash carrots and celery under cold water and finely dice. Peel brown onion and finely dice. Set aside in a bowl.
2. Peel garlic cloves and finely dice. Roughly chop rosemary leaves. Peel mushrooms and roughly chop. Set aside.
3. Drain and rinse lentils. Set aside.
4. Heat olive oil in a large saucepan over medium-high heat.
5. Add onion, diced carrot and celery to the pan and cook, stirring for 1-2min. Add garlic and rosemary and cook for 1min. Add mushrooms and cook for 3-4min.
6. Add lentils and season with salt and pepper. Add canned tomatoes and cook, stirring for 1-2min. Add water and stir. Bring to the boil then reduce heat to low.
7. Simmer for 15min until sauce begins to thicken.
8. Meanwhile, cook spaghetti according to packet instructions and drain.
9. Stir cooked spaghetti through sauce and serve with parmesan.