

LENTIL AND MUSHROOM BOLOGNESE

A nutritious vegetable-packed meal that the whole family will love.

EASY | 15 MINS | 25 MINS | 6 SERVES

Ingredients

- 500 g pasta (preferably whole wheat/pulse pasta)
- 1 brown onion, chopped
- 1 tsp garlic, crushed
- 1/2 cup carrot, chopped
- 1/2 cup celery, chopped
- 2 cups mushroom, chopped
- 400 g canned lentils, rinsed
- 400 g canned diced tomatoes
- 1 tbsp fresh parsley, chopped
- parmesan cheese, grated for garnish
- extra virgin olive oil, for cooking

Instructions

1. Bring a large pot of salted water to a boil. Add pasta and cook as per packet instructions. Drain and rinse under cold water to stop cooking. Set aside.
2. In a heavy based saucepan over medium heat, drizzle olive oil and saute onions, garlic, carrots, and celery for 5-6 minutes. Add the mushrooms, lentils and canned tomatoes. Bring to a simmer and cook until sauce has reduced slightly and flavours have infused. Add pasta to bolognese, toss to combine and heat through.
3. Serve with chopped parsley and grated parmesan cheese.