






# VEGETABLE BOLOGNESE SAUCE

Recipe by Lyndon Gee

-  serves 4-6
-  prep 10 mins
-  cook 30 mins

## Ingredients

Dash oil (sunflower, olive or any vegetable oil)

1 large onion, finely chopped

1 pepper any colour, finely chopped

300g mixed vegetables, finely diced (e.g. carrot, parsnip, mushrooms, celery, leek, )

2-4 cloves garlic, crushed

2 heaped teaspoons dried oregano

Good pinch salt and plenty of pepper

1 x 400g tin chopped tomatoes

1 x 400g tin green or puy lentils, drained

**1** Put oil in a pan and gently cook the onion until well browned, stirring regularly.

**2** Add the pepper and vegetables to the pan; continue cooking gently for 5 minutes, still stirring regularly.

**3** Add the garlic and oregano; season and stir for 1 minute then add the tomatoes.

**4** Bring to a gentle simmer, cover and cook for 15 minutes, stirring occasionally and adding a little water if it starts to stick.

**5** Add the lentils, simmer for a further 5 minutes and serve.

Each portion contains

| Calories  | Sugar     | Fat         | Saturates   | Salt        | Fibre     |
|-----------|-----------|-------------|-------------|-------------|-----------|
| <b>95</b> | <b>7g</b> | <b>1.5g</b> | <b>0.2g</b> | <b>0.4g</b> | <b>6g</b> |
| 5%        | 8%        | 2%          | 1%          | 7%          | 25%       |

of an adult's guideline daily amount

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## Vegetable Bolognese sauce

This vegetable sauce is really versatile because you can use any vegetables. You can use this sauce in lasagne or cannelloni. It will store well in an airtight container in the fridge for up to 2 days.

### **Chef's tip** from Lyndon

The Italians always mix their sauce with pasta, tossing it well to coat it evenly. Although good with spaghetti, this Bolognese style sauce goes well with pasta tubes such as rigatoni or shells, which hold the sauce better than spaghetti.

### **Use up**

Add any cooked vegetables, baked beans, over ripe tomatoes. Transform leftovers into a Mexican chilli to top nachos, or add curry paste and serve with rice.

### **Variations**

Swap mixed vegetables for 300g of sliced mushrooms. Or use courgettes, aubergines and another pepper for a lighter more summery dish.

### **Extra flavour**

Add some fresh chilli for heat, stir in some pesto or add fresh basil leaves. Add tomato puree, a dash of Worcestershire or soy sauce, or add a stock cube.

### **\* Freezer advice**

For best results, cool down quickly (ideally within an hour), divide into portions, place in an airtight container, label and then pop in the freezer. Defrost in the fridge, ideally overnight, and use within 24 hours after defrosting. Reheat in microwave or covered in foil in the oven, heating thoroughly until piping hot.

### **✓ Vegetarian and vegan options**

Perfect for vegetarian and vegan diets (great dish for any carnivore friends!) use this sauce as an alternative to mince in anything from shepherd's pie to lasagne.

### **🌾 Allergy advice**

Can be made with stock instead of tomatoes, and served with gluten-free pasta or polenta and lactose-free cheese alternatives.

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