

Difficulty:
Easy



Time:
40 minutes



Veggie pasta bolognese



Allergens: gluten

What is it?

A tasty vegetarian alternative full of flavour!

**AVERAGE COST
PER PERSON
£0.66**

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Carrot	1/2	3/4	1
Onion	1/2	3/4	1
Pepper	1/2	3/4	1
Mushrooms	50g	75g	100g
Red lentils	50g	75g	100g
Chopped tomatoes	200g	300g	400g
Vegetable stock	1 cube	1 cube	1 cube
Garlic clove	1	1	2
Mixed herbs	1tsp	1tsp	2 tsp
Paprika	1/2tsp	1/2tsp	1tsp
Tomato puree	1tbsp	1.5tbsp	2tbsp
Pasta	175g	260g	350g

Kit list:

- Saucepan
- Frying pan

Make it your own!

You could choose any shapes or colours for the pasta - why not experiment with different types and see which is your favourite! you can also add peas or sweetcorn in the last 5 minutes of cooking.

**Celebrate Family
Food**

Charity no.
1125784



What to do:

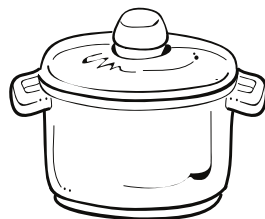
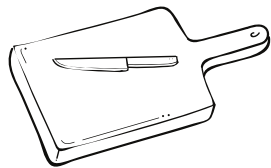
Step 1: In a large saucepan heat some oil and soften all the vegetable with the garlic.

Step 2: Stir in the lentils, tomatoes, stock, paprika, mixed herbs and tomato puree. Bring to a boil reduce the heat cover and simmer for 15 minutes.

Step 3: Remove the lid and season with salt and pepper leave the saucepan uncovered and simmer for another 15 minutes.

Step 4: Meanwhile bring a pan of salted water to the boil and cook your pasta to your liking, drain the pasta and serve topped with the bolognaise.

Serving suggestion : serve with garlic bread to mop up and yummy juices!!



What did you think of this recipe? Colour in the stars to give it a rating!

