



VEGETARIAN SPAGHETTI BOLOGNESE

Lentils are substituted for the meat in the Bolognese sauce. They provide plenty of protein, iron, fibre and B vitamins and make a super-tasty main course.

Makes 4 servings

- 1 tbsp (15 ml) olive oil
- 1 onion, chopped
- 2 carrots, grated
- 1 large courgette, finely chopped
- 1 tin (400g) chopped tomatoes
- 1 tin (420g) green lentils (or 125 g (4 oz) dried lentils, soaked and cooked)
- 1 tsp (5 ml) dried mixed herbs
- 175 g (6 oz) spaghetti (adjust quantity depending on appetite)
- 1 tbsp (15 ml) olive oil
- 2 tbsp (30 ml) Parmesan cheese, grated

- 1 Heat the olive oil in a large frying pan. Add the vegetables, stirring often for about 5 minutes, until softened.
- 2 Add the tomatoes, lentils and herbs. Cook for a further 5-10 minutes until the sauce thickens slightly.
- 3 Meanwhile, cook the spaghetti in boiling water according to the directions on the packet. Drain and toss in a little olive oil.
- 4 Divide the spaghetti between 4 bowls. Spoon over the Bolognese sauce and sprinkle on the Parmesan cheese.