



LENTIL BOLOGNESE

1 large onion,
(roughly chopped)

2 tbsp olive oil

4 cloves garlic, sliced

1/2 tsp oregano

2 tsp smoked paprika

1 tin of chopped tomatoes

250g mushrooms, chopped

1/2 courgette, finely diced

1 tin green lentils or
150g Puy lentils, rinsed

150g red lentils, rinsed

1.5l water

1 tbsp vegetable stock

2 tbsp tomato purée

1-2 tbsp balsamic vinegar

1 tbsp Worcester sauce

1 tsp Tamari

Zest of 1/2 unwaxed lemon

1 tsp sea salt

Ground black pepper

Add the oil to a large pan and heat on a low to medium heat. Add the onion and fry for 8-10 mins until soft and browning. Add in the garlic and spices and stir for another few mins, then add in the tomatoes, lentils, mushrooms, courgette, water, tomato purée and stock. Bring to the boil and then turn down the heat to low and simmer for 30 mins. Add a little more water if needed. Stir in the remaining ingredients and season to taste.