

Lentil Bolognese



A perfect bolognese for non-meat-eaters. Lentils are quite a bit higher in carbs than minced meat (legumes tend to be two-thirds carbs and one-third protein), but just work with it. If the bolognese is higher in carbs than you’d ideally like, simply ensure that the rest of your day is low in carbs.

Serves	3-4	Per serve (incl. Zucchini Pappardelle)
Prep time	15 minutes	Carbs 21.6 g
Cook time	30 minutes	Protein 29.8 g
Difficulty	● ● ●	Fat 18.7 g
		Energy 384 Cal

INGREDIENTS

- 1 tbsp olive oil
- 1-2 onions, sliced
- 3 cloves garlic, finely chopped or grated
- 1 tsp salt
- 400 g can brown lentils, drained and rinsed
- 400 g can chopped tomatoes
- ½ cup vegetable stock
- 2 tsp Italian dried herbs
- 1 tbsp tomato paste (optional)
- ¼ tsp ground black pepper
- 1 bag (120 g) baby spinach
- 100 g Parmesan or feta
- basil or parsley to garnish

To serve:
Zucchini Pappardelle (page 184), or Cauli Rice (page 168), or a side salad (pages 158-187)
200 g Parmesan or feta
handful of chopped parsley or basil

METHOD

Heat the oil in a thick-bottomed medium-sized pot over a medium heat. Add the onion, garlic and salt and cook, stirring occasionally, for 3-4 minutes until soft.

Add the lentils, tomatoes, stock, herbs, tomato paste (if using) and pepper, and bring up to the boil. Reduce the heat to low, cover and allow to simmer for 20-25 minutes until the sauce has thickened and the lentils are cooked.

While the sauce is cooking, make the accompaniment of your choice.

Finally, add the baby spinach to the sauce, stir it through and allow it to wilt. To serve, spoon the bolognese on top of Zucchini Pappardelle or Cauli Rice, or alongside a side salad. Grate the Parmesan or crumble the feta over the sauce, and sprinkle over basil or parsley to garnish.

