

Veggie Spag Bol

 2 servings

565 Kcal / serving

26g Protein 12g Fat 95g Carbs

Ingredients

- 1 - Onion
- 2 - Garlic cloves
- 1 - Carrot
- 1 - Celery stick
- 100g - Mushrooms
- 1 tablespoon (15g) - Rapeseed or olive oil
- 2 teaspoons - Dried Italian seasoning
- 400g - Tin green lentils, drained and rinsed
- 1 tablespoon (15g) - Tomato puree
- 400g - Tin chopped tomatoes
- ½ - Reduced sodium vegetable stock cube
- 100g - Wholewheat spaghetti (gluten free if necessary)
- 2 teaspoons (10g) - Parmesan cheese
- Freshly ground black pepper



NOTE: If you are short of time, instead of making the sauce from scratch use a 430g jar Bolognese sauce (no more than 5g sugar and 3g fat – check the label).

The Method

Cut the onion in half, then peel and finely chop. Peel and crush the garlic. Peel, trim and finely chop the carrot. Trim and finely chop the celery. Dice the mushrooms.


Heat a large non-stick frying pan over a medium heat. Add the oil and then tip in all the prepared vegetables and Italian seasoning and sauté for about 5 minutes until softened with a little colour.

Tip the lentils into the vegetable mixture, then season with pepper and cook for 1-2 minutes until evenly combined.

Stir in the tomato purée and crumble in the stock cube, then cook for another minute, stirring. Pour in the chopped tomatoes, stirring to combine. Bring to the boil, then reduce the heat and simmer gently for about 15 minutes until the lentils are piping hot and tender, stirring occasionally.

Meanwhile, cook the spaghetti in a pan of boiling water for 10-12 minutes or according to packet instructions until just tender. Drain in a colander in the sink and return to the pan. Fold in the veggie Bolognese sauce until evenly combined and then divide among bowls and scatter over the Parmesan to serve.

 Suitable for vegetarians

 Suitable for batch cooking