



LENTIL BOLOGNESE

Recipe from BBC Food

Serves 4 – 1 to 1 1/2 hours



- ½ tbsp olive oil
- 1 celery stick, finely chopped
- 1 brown onion, finely chopped
- 1 carrot, peeled and finely chopped
- 100g mushrooms, finely chopped
- 400g tin chopped tomatoes
- 1 tbsp tomato puree
- 1 tsp dried oregano or thyme
- 200g brown or green lentils
- 100ml vegan red wine (optional)
- 500ml vegetable stock
- 1 tsp yeast extract, such as Marmite (optional)
- ½ lemon, juice only (optional)
- Salt and freshly ground black pepper
- 300g dried spaghetti (or enough for your serving)



Method

1. Heat the oil in a large frying pan over a medium-low heat. Add the celery, onion and carrot with a pinch of salt and plenty of black pepper and cook gently for about 15 minutes, stirring occasionally, until soft.
2. Add the mushrooms, increase the heat slightly and cook for about 5 minutes, until any liquid has evaporated.
3. Stir in the tomatoes, tomato purée, herbs and lentils. Pour in the wine and bring to the boil for a minute. Add the vegetable stock and yeast extract, if using. Bring back to the boil then turn the heat down and simmer for 20–25 minutes, until the lentils are tender. Taste and check the seasoning – if the sauce is too salty, add a good squeeze of lemon juice. Add pineapple pieces and vegetables and heat briefly in the sauce.
4. Cook the pasta according to the packet instructions, drain and serve with the bolognese.



Greenhouse Gasses

Total overall recipe 3.32kg CO2e

Total per serving 830g CO2e

Per serving equivalent to driving 2.78 miles in an average UK petrol car

