



Bolognese Sauce (serves 4)

Ingredients:

1 tbsp oil
1 clove garlic
150g minced beef
150g red lentils
1 large or 2 small carrot, grated or finely chopped
1 large onion, finely chopped
2 sticks of celery, grated or finely chopped
1 – 2 heaped tbsp tomato purée
1 x tinned tomatoes/ carton of passata sauce
Beef stock
Water if needed
Oregano
Salt and pepper

Method:

Heat oil in a large saucepan on a medium heat. Add the onion and garlic cook until soft. Add the minced meat, using a wooden spoon to break it up as you go. Reduce the heat to low and cook until the mince has turned brown.

Next add the grated carrots, celery and red lentils. Now add the tinned tomatoes/ carton of passata sauce, stock and tomato puree. Leave to simmer for about 25 – 30 minutes or until thickened and reduced, stirring occasionally. (Add water if needed). Season with oregano, salt and pepper.