



# Lentil, Lentil, Let's Go F\*\*\*ing Lentil... Bolognese

Serves 4



"I love one pan cooking. Get all your ingredients prepped then chuck it all in, let it bubble away while you enjoy a wine then serve and eat. Here's my take on vegan Bolognese which is full of protein & fibre."

**Matt Pritchard**

## Ingredients

Vegetable oil  
1 onion  
4 cloves garlic  
2 carrots  
2 celery sticks  
1 pepper  
5 mushrooms  
500ml mushroom or veg stock  
200g green lentils  
2 tins chopped tomatoes  
2 tbsp tom paste  
1 tbsp balsamic glaze  
2 sprigs of rosemary

## Method

Put a splash of veg oil in a big pan.

Grab your onion and garlic and chop and place to one side.

Grab your celery, carrots, peppers and mushrooms and cut into evenly shaped dice.

On your chopping board you should all your prep done and ready to rock.

Turn the heat on and place the onion, garlic, carrots, celery, mushrooms & pepper and fry it all off for about 5 mins then put the lid onto the saucepan and let it sweat away for 10 mins.

Take the lid off then add the tomato paste, tinned tomatoes, lentils, stock and balsamic glaze and mix.

Add the rosemary and season with salt and pepper.

Leave to simmer away for 45 mins and let those lentils suck up those delicious juices then serve with your favourite pasta.

Don't forget to pick out the sprigs of rosemary.

**BANGING!**