

Lentil Bolognese/Ragu (Vegan) – Serves 2

You will need:

- 1tsp rapeseed oil
- 1 onion
- 1 diced courgette
- ½ stick celery
- 1 clove garlic
- 200g chopped tomatoes
- 125g dried red lentils
- 1tbsp mixed herbs
- 200mls water
- 1tbsp balsamic vinegar
- 1 chopped pepper
- 120g (raw weight) wholewheat spaghetti
- Side salad e.g. lettuce, tomatoes, beetroot, cucumber and peppers

How to make it:

1. Spray or brush a frying pan with a little rapeseed oil and add the sliced onion, courgettes, celery and garlic and cook until slightly soft.
2. Add the tomatoes, lentils, herbs, water and balsamic vinegar.
3. Bring the mixture to the boil and then reduce it to a simmer and allow it to cook for 20 minutes.
4. Meanwhile, boil the wholewheat spaghetti in water.
5. Serve the lentil Bolognese with the spaghetti and a small side salad.

What does this give you?

- 1 portion protein
- 1 portion of starchy food
- 5 portions of vegetables
- 2 portions of fats

The detail: per serving: 518kcal, 11.8g fat, 2g saturated fat, 69g carbohydrate, 14.5g sugar, 19g fibre, 22g protein, 0.1g salt

Preparation 5-10 minutes

Cooking time: 30 minutes

Approx. cost per serving: £2.14

Allergens: Contains gluten and celery. May contain eggs.