



LENTIL BOLOGNESE (SERVES 4)

INGREDIENTS

500g pasta (any shape)

2 x 400g can diced tomatoes

1 onion (finely chopped)

2 carrots (finely chopped)

1 cup dry lentils

2 cups water (not provided)

1 tablespoon mixed herbs

1 teaspoon oil (not provided)

Salt & pepper to taste
(not provided)

UTENSILS

Large saucepan

Medium saucepan

Colander

Wooden spoon

Ladle

Knife

Chopping board

Measuring cup or jug

Teaspoon

Tablespoon

LENTIL BOLOGNESE



OPTIONS

To add extra serves of vegetables to your meal you could finely chop/grate and add the following;

- 1 zucchini
- 2 celery stalks
- 4-6 medium mushrooms
- Can add garlic to taste

Sprinkle with parmesan or low fat grated cheese if desired.

METHOD

1. Heat oil in a large saucepan. Add chopped onion and carrot (plus any optional vegetables) and cook on medium heat until vegetables soften.
2. Add all other ingredients and stir. Let simmer for approximately 20 minutes on medium heat, until lentils are soft.
3. Cook pasta (as per pack instructions).
4. Drain pasta and divide between serving bowls.
5. Once cooked, spoon Bolognese sauce over the pasta and serve.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au