



HIGH PROTEIN VEGIE BOLOGNESE

INGREDIENTS

- tinned lentils
- olive oil
- 10g dried porcini
- 1 brown onion
- 2 cloves of garlic
- 2 sticks of celery
- 2 carrots
- 2 bay leaves
- 2 x 400g tin of tomatoes
- 1 packet of spaghetti (or any pasta of your choice)
- a few sprigs of parsley
- salt and pepper

PREP TIME: 10 MINS

COOK TIME: 45 MINS

TOTAL TIME: 55 MINS

**TOTAL PROTEIN: 27G PER
SERVE**

DIRECTIONS

- Peel the onion and garlic, and finely chop up
- Wash and finely chop the carrot and celery
- Meanwhile, place the porcini into a small bowl, just cover with boiling water and leave to rehydrate.
- Heat a splash of olive oil in a large pot over a medium-low heat, add the chopped veg and cook until softened, stirring occasionally.
- Finely chop the porcini and add to the pan,
- Tip in tinned tomatoes and stir, along with the porcini broth leaving any gritty bits behind.
- Bring to the boil, then reduce to a medium-low heat and add the lentils
- Season with salt, pepper and bay leaves
- Let simmer for 45 minutes - 1 hour
- Once reduced, cook the spaghetti in a pan of boiling salted water for 8 to 10 minutes, or until al dente
- Season sauce to taste
- Prepare parsley to garnish
- Strain pasta and add to sauce pot
- Combine pasta with sauce before serving