

Lentil Spaghetti Bolognese

Serves: 8

Prep: 15 mins

Cook: 20-25 mins



Dietary: VEG, EF, NF

Allergens: Wheat, Dairy

Age group: 8 months+

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Lentil Spaghetti Bolognese

Equipment

- High-speed food processor

Ingredients

- 1 tbsp (20ml) extra virgin olive oil
- 1 small (55g) onion, peeled and roughly chopped
- 1 stalk celery (60g), rinsed and roughly chopped
- 1 carrot (120g), peeled and roughly chopped
- 1 zucchini (160g), rinsed and roughly chopped
- 1/3 cup (60g) tomato paste, low salt
- 800g brown lentils, canned, drained and rinsed
- 400g diced tomatoes, canned
- 1 cup (250ml) vegetable stock, low sodium
- 1 tsp (2g) dried oregano
- 1/3 cup (24g) nutritional yeast
- 250g wholemeal pasta of choice

- 1 cup (280g) grated cheese, to serve with

Method

1. Place oil, onion, celery, garlic, carrots and zucchini in a food processor and process until finely chopped or pureed.
2. Heat a large saucepan over medium heat. Add onion vegetable mix and sauté for 3-4 mins or until softened.
3. Add the rest of the ingredients, and allow to simmer for 20 mins, or until the sauce has thickened.
4. Meanwhile boil pasta according to package instructions. Drain and rinse.

Storing Leftovers: Serve topped with cheese and with a side of seasonal vegetables.

Storing Leftovers: Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.

Tips

- ✓ **Allergies:** For a gluten-free version: Swap wholemeal pasta with brown rice pasta. For a dairy-free version: Omit grated cheese.
- ✓ **Easy ingredient swaps:** Swap vegetables for vegetables of choice.
- ✓ **Baby-friendly version:** Serve mashed or in finger food-sized pieces.
- ✓ **For selective eaters:** Try pureeing the sauce to make it smooth. Deconstruct the meal: serve plain pasta with sauce, cheese and vegetables on the side.