

Lentil Bolognese

Adapted from a recipe by Hattie Ellis, BBC Good Food

Prep: Less than 30 mins **Cook:** 30 mins—1 hour **Serves:** 4



Ingredients

- ½ tbsp olive or rapeseed oil
- 1 celery stick, finely chopped
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 100g mushrooms, finely chopped
- 400g tin chopped tomatoes
- 1 tbsp tomato purée
- ½ tsp oregano
- ½ tsp thyme
- 200g green or speckled lentils
- 100ml red wine
- 500ml hot water
- 2 tsp vegetable bouillon powder
- 1 tsp nutritional yeast flakes
- ½ lemon, juice only (optional)
- salt and black pepper

1. Mix the bouillon powder and hot water to make a stock.
2. Heat the oil in a large frying pan over a medium–low heat. Add the celery, onion and carrot with a pinch of salt and plenty of black pepper and cook gently for about 15 minutes, stirring occasionally, until soft.
3. Add the mushrooms, increase the heat slightly and cook for about 5 minutes, until any liquid has evaporated.
4. Stir in the tomatoes, tomato purée, herbs and lentils. Pour in the wine and bring to the boil for a minute. Add the vegetable stock and yeast flakes. Bring back to the boil then turn the heat down and simmer for 20–25 minutes, until the lentils are tender. Add the lemon juice if using, and serve.

Serve with your favourite pasta shapes and grated cheese, or use in lasagne. Freeze portions for a quick, easy meal when you're busy!