

QUICK BOLOGNESE SAUCE



Ingredients

100g red lentils	1 tsp rosemary
1 onion	1 tsp oregano
10 chestnut mushrooms	6 basil leaves chopped
1 peeled carrot	1 bay leaf
2 sticks celery	1 beef stock cube
2 cloves garlic	400ml water
1 1/2 tbsp tomato puree	Salt and pepper
2 tins chopped tomatoes	1 tbsp sugar
	Oil for cooking

To serve

E.g. Rocket parmesan salad. Use a lasagne base.

Method

1. Put the carrot, onion, celery, garlic and mushrooms into a blender/smoothie maker with a few spoonful's of water and blitz. (Avoids that exhausting cutting)
2. Bring a pan to a medium heat then drizzle in a little oil followed by your veg mix and tomato puree. Fry for 5 minutes then add the herbs rosemary, basil, oregano and bay leaf. Keep stirring cooking until soft.
3. Add the lentils and stir.
4. Next add your tinned tomatoes , water, sugar and stock cube. Turn the heat down to a simmer and cook for a further 15-25 until thickened.
5. Season to taste. Enjoy.