

# Recipes and Tips



## Lentil Bolognese

Serves 4

1 onion diced  
1 carrot grated  
1 courgette grated  
2 tsp smoke paprika  
1 tbsp dried herbs  
2 bay leaves  
1 beef/vegetable stock cube  
1 red wine stock pot/ small glass of red wine  
500g passata  
480g cooked green lentils

Fry off the diced onion, when soft add the grated carrot and courgette and continue to cook till these have wilted.

Add the bay leaves, dried herbs and smoked paprika and cook for 2 more minutes.

Add the remaining ingredients and simmer for 30 minutes.

Use with your favourite pasta. Serve with grated cheese if you wish.