

Veggie Bolognese

Serves: 6

Prep time: 15 minutes

Cook time: 30 minutes



2 serves per portion

Ingredients

1 tablespoon olive oil
1 onion, finely diced
2 cloves garlic, minced
1 large carrot, finely diced
1 capsicum, finely diced
2 x 420g tins, brown lentils
250g haloumi, finely diced
½ cup vegetable stock
3 tablespoons tomato paste
400g can diced tomatoes
250 ml water
300g spaghetti, cooked to packed directions
¼ cup basil leaves, roughly chopped

Method

HEAT oil in a large pan over medium heat.
SAUTE onion and garlic until soft and fragrant.
ADD carrot, capsicum, corn, lentils and haloumi and sauté for 2-3 minutes.
POUR stock in with the vegetables and cook, stirring for 2 minutes.
ADD tomato paste, canned tomatoes and water and bring to the boil.
SIMMER on low with the lid on for 20 minutes or until liquid has reduced and thickened.
SERVE on a bed of pasta and sprinkle with basil.



Everyday Food

Recipe courtesy of Deb Annesley, Bundaberg Branch