

## 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 cans 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*