



## Recipe

### Lentil bolognese pasta

This dish is packed with goodness from sweet potatoes, red peppers, tomatoes, carrots, mushrooms, and red lentils. Simmer slowly for buckets of flavour, and combine with your favourite pasta to create a tasty, wholesome dish. If you fancy it, try serving with a sprinkling of grated cheese - you won't regret it!

#### Ingredients

A glug of cooking oil

1 small onion - chopped

1 punnet of mushrooms - chopped

2 small carrots - chopped

10g nutritional yeast (optional)

1 red pepper - chopped

1 sweet potato - grated

3 garlic cloves - finely chopped

110g red lentils

1tbsp tomato paste

500g passata

dried mushrooms - 5 pieces chopped

1 tin of chopped tomatoes

700ml water

1 mushroom OR veg stock cube

1tbsp marmite

1 sprig of rosemary - leaves only - chopped

Pinch of oregano

Pinch of black pepper

#### Method

Add oil to a pan on medium heat and wait for the oil to get hot. Add onions and gently cook for 15 minutes, stirring only occasionally until onions have started to turn golden.

Add mushrooms and carrots and continue to cook until veg has a little colour. Add red pepper, sweet potato, garlic puree, red lentils, and tomato puree and mix well.

Add tomato passata, chopped tomatoes, water, mushroom stock, marmite, nutritional yeast, chopped rosemary leaves, oregano, mushroom powder, and black pepper. Bring to simmer and gently cook, stirring now and then for at least half an hour or until reduced to a thicker sauce consistency.

Serve with your favourite pasta.

Please note: This recipe is correct at the time of publication on 04/01/2023. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

*Nutritious delight with every bite*

e. [hello@nurserykitchen.co.uk](mailto:hello@nurserykitchen.co.uk) t. 01245 808080

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