

BEEF AND LENTIL SPAGHETTI BOLOGNESE



Serves 4 | Prep time: 15 mins
Cook time: 25 mins

INGREDIENTS

300g dried spaghetti
2 tbsp extra virgin olive oil
1 brown onion, diced
2 garlic cloves, finely chopped
1 long red chilli, finely chopped (optional)
2 small carrots, coarsely grated
250g lean beef mince
700g passata
2 tbsp tomato paste
420g lentils, rinsed and drained
1 tbsp Worcestershire sauce
1 tsp Italian herbs
Season to taste
Grated parmesan cheese and
chopped parsley to serve

METHOD

1. Cook pasta in a large pot of salted boiling water according to packet instructions.
2. Heat oil in a large pan over medium-high heat. Add onion, garlic and chilli and cook for 3 minutes, stirring regularly.
3. Add carrot and cook for a further 3 minutes or until soft.
4. Add mince and cook for 4 minutes or until browned; break up any lumps with a wooden spoon.
5. Stir in pasta sauce, tomato paste, lentils, Worcestershire sauce and herbs and bring to a boil.
6. Reduce heat to a gentle simmer and cook for 10 minutes or until the sauce thickens.
7. Stir in spaghetti and toss to combine.

Top with grated parmesan cheese and garnish with parsley. Serve with salad.



THE NUTRITION GUY



NUTRITION TIP

Lentils are a great way to beef up your bolognese. They are a valuable source of nutrients such as protein, iron and fibre. Lentils are nutritional dynamos!