

VEGAN

SPAGHETTI BOLOGNAISE

Ingredients (based on a shop at Lidl)

2 tbsp vegetable or olive oil
1 large onion, chopped
1 stick of celery, finely sliced
3 cloves of garlic, crushed
½ a red pepper, finely diced
1 medium courgette, chopped in half lengthways then sliced
6 mushrooms, chopped
1 carrot, peeled and chopped
225g of whole lentils, any colour (or veggie mince)*
500g of spaghetti (Durum wheat)
400ml passata (one bottle) or 2 tins of chopped tomatoes
1-2 tbsp tomato puree
2 veg stock cubes dissolved in 100ml of water
2 bay leaves (ASDA)
4 to 5 tsp dried mixed herbs
Salt and pepper
Optional: Vermondo vegan grated cheese

Utensils:

Weighing scales
2 x pans
1 x large frying pan
Potato peeler
Chopping knife
Chopping board
Wooden spoon
Set of measuring spoons
A measuring jug
Strainer
Plate
Spaghetti spoon (optional)



Method:

- 1** Boil the lentils until soft
- 2** Fry the onion in the oil until soft
- 3** Wash the vegetables and chop
- 4** Add the celery, red pepper, carrots, courgette and mushrooms, cook until the mushrooms are golden brown
- 5** Add the garlic and fry for a further minute
- 6** Dissolve the stock cubes in 100ml of boiling water
- 7** Add passata, tomato puree, stock and herbs
- 8** Simmer for 10-15 minutes over a low heat
- 9** Boil the spaghetti for 8 minutes, add a pinch of salt to the water
- 10** Strain the lentils and add them to the frying pan mix
- 11** Cook for a couple of minutes stirring often
- 12** Strain the spaghetti, add to a plate and serve the mix on top of the bed of spaghetti
- 13** Season with salt and pepper
- 14** If using vegan cheese, sprinkle on top.

choice of either soya-based veggie mince or whole lentils however lentils are better for the environment as there is deforestation caused sourcing soya products.

Tip:

veggie mince is also a great basis for chilli, shepherd's pie etc.

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