

Less than 45 minutes

Serves 4

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Ingredients:

- 2 Tbsp (30ml) olive oil
- 2 onions, chopped
- 2 cloves garlic, chopped
- 3 Tbsp (45ml) tomato paste
- 1 tsp (5ml) sugar
- 2 cups (500ml) dried brown lentils
- 3 cups (750ml) vegetable stock
- Salt and milled pepper
- Handful fresh basil, chopped + extra leaves for serving
- 1 packet (500g) spaghetti, cooked according to packet instructions

Method:

1. Heat oil in a large pot and fry onion and garlic for 3-5 minutes or until golden.
2. Add tomato paste and cook for about 2 minutes before adding sugar.
3. Stir through lentils and stock, and simmer over a low heat for about 45 minutes or until
4. cooked through.
5. Season sauce well and stir through basil.
6. Serve bolognese with spaghetti and garnish with extra basil leaves.