

Hearty 'bolognese' pasta - *(recipe for 2 -3 people)*



Ingredients:

- 120 grams of pasta
- 100 grams fresh lentils (you have to boil them first) / 1 can lentils, leaked
- 3 large tomatoes
- ½ courgette, finely diced
- 1 carrot, finely diced
- 1 paprika, finely diced
- 1 onion, finely diced
- 2 - 3 garlic cloves, finely sliced
- 2 tbsp tomato puree
- ½ chili pepper (optional)

Herbs/spices:

- 1 - 2 tsp cumin powder
- 1 tbsp sugar
- 1 tsp oregano
- ½ tsp basil
- ½ tsp parsley
- ½ tsp rosemary
- 3 cloves
- 2 bay leafs
- Pepper and salt to taste

Instructions:

1. If you are using fresh lentils, boil them first (about 30 minutes).
2. Slice the tomatoes into fine cubes (I removed the skin first). Fry this until the tomatoes are soft and blend it to make a sauce.
3. Fry the onion, garlic and chili pepper in a pan with 1 tbsp of olive oil. Fry them for about 5 minutes until the onion is translucent.



4. Add the sliced vegetables and fry for another 5 - 8 minutes until the vegetables are a bit softer.



5. Add the tomato puree to the mixture and fry for 2 - 3 minutes
6. Add the (fresh) tomato sauce, cooked (or canned and leaked) lentils and herbs and spices. Stir it through and let it simmer for about 30 minutes.



7. Boil the pasta in between until 'al dente'
8. Mix everything together, finish off with a bit of nutritional yeast or parmesan and enjoy!