Veggie bolognese

Ingredients:

mandatory

- 2x onions, finely diced
- 2x garlic cloves, finely chopped
- 400g dried
- 3x tins chopped tomatoes
- 4-5 carrots, very finely chopped
- 200g walnuts, chopped
- Spaghetti (about 100g per person)
- 2 tbsp balsamic vinegar
- 2 tbsp tomato puree
- 2 tsp dried rosemary
- 1x glass of red wine

optional

The red wine can be replaced by a good splash of more balsamic or red wine vinegar and a little water

- [x] VEGETARIAN
- [ ] VEGAN
- [ ]
- [ ] GLUTEN FREE
- [x] LACTOSE FREE
- [ ] NUTS FREE
- [x] SOY FREE

How to prepare:

1. Gently toast the walnuts in a dry frying pan then set aside
2. Fry the onions and carrots with S&P on low heat until softened
3. Add the garlic and rosemary and cook for a further minute, then add the lentils then add the wine (or substitute) if using
4. When the liquid has mostly bubbled off, add the tinned tomatoes. Refill 2 of the tins with water and add it to the pan
5. Stir in the tomato puree then cook for around 20 mins (until the lentils are soft) stick your pasta on about 10mins into this
6. Add the walnuts, balsamic and season if needed
7. Serve up with pasta and some grated cheese on top

Notes: