

DINNER

LENTIL BOLOGNESE



SHOPPING LIST:

- 2 tbsps. olive oil
- 1 onion, diced
- 2 cloves garlic, crushed
- 6 mushrooms, chopped
- 1 courgette, diced
- 1 carrot, peeled and chopped
- 1 red pepper, chopped
- 2 tsp oregano
- 1 tin of diced tomatoes
- 1 tin of brown lentils, drained
- Wholemeal spaghetti

COSTINGS: *90p per serving

NUTRITIONAL INFORMATION:

Calories: 479 |
Carbohydrates: 78g |
Protein: 18g | Fat: 7.1g |
Saturated Fat: 1.2g | Sodium:
0.12g | Fibre: 16g | Sugar:
19g

This is a well-balanced, nutritious meal. Wholemeal pasta has twice as much fibre as white and contains minerals calcium, magnesium, iron and zinc, as well as B vitamins. The onions and garlic contain antioxidants that fight inflammation. Lentils are an excellent source of B vitamins, iron, magnesium, potassium and zinc. Also a great source of plant-

based protein and fibre. Tomatoes and peppers are also nutrient rich.

Preparation time:	Cook time:	Servings:
10 mins	5 mins	2

DIRECTIONS:

1. Gather the ingredients list and begin the prep. Meanwhile Cook the pasta according to the instructions	2. Dice the onion and garlic, slice the carrots, mushrooms, courgette and pepper. Then in a frying pan, heat the oil and add the onion and garlic and cook for 2 mins
3. Add the carrot, mushrooms, courgette and pepper to the heat. Cook for 5 minutes. Add the oregano, tomatoes and lentils. Cook for 15 minutes.	4. Add a sprinkle of salt and pepper. Cook the pasta according to the instructions. Finish with a sprinkling of cheese.

*Average supermarket pricing as of March 2021

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