

# LENTIL SPAGHETTI BOLOGNESE

by Joel Craddock APD



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*This one is cooked weekly in our household as a family favourite!*

*A healthy vegetable twist on the classic spaghetti bolognese.*

## Ingredients

- 1 medium brown onion, finely diced
- 4 cloves garlic, minced
- 2 tbsp water
- 2 x 400g cans diced tomatoes
- 2 x 400g cans brown lentils
- 1 cup button mushrooms, diced
- 1 carrot, diced
- 1 tsp dried mixed Italian herbs
- 1 cup broccoli, chopped
- 1 cup zucchini, chopped
- 1 tsp balsamic vinegar
- 1 tbsp low sodium soy sauce (or tamari)
- 1 tsp onion powder
- 500g wholegrain pasta
- Optional garnishes: nutritional yeast, chilli flakes, fresh basil

**PREP TIME: 10 MINS**

**COOK TIME: 30 MINS**

**TOTAL TIME: 40 MINS**

**SERVES: 4-5**

## Directions

1. In a large saucepan over medium high heat, fry the onion and garlic in a little water (about 1 tbsp), stirring often. Add another tablespoon of water if required.
2. Add the remaining ingredients (except the pasta) to the pan and reduce heat, allowing the mixture to simmer until the vegetables are soft, about 15-20 minutes.
3. Meanwhile, cook the wholegrain pasta in a pot of boiling water over medium high heat until pasta is firm to bite (about 10-15 minutes), then drain the water.
4. Once the vegetable sauce has cooked through and softened, partially blend with a stick blender. We do this to disguise the chunky vegetables from our 4-year-old, but it's not essential.
5. Serve bolognese sauce over pasta and garnish with optional fresh basil, nutritional yeast, chilli flakes or whatever else floats your bolognese boat!

*Note: I recommend trying a sprinkle of nutritional yeast on top of the bolognese - it's a great alternative to parmesan cheese.*

*Joel Craddock APD is an accredited practicing dietitian who worked in hospitals across the Illawarra NSW region before deciding to enrol in a doctorate degree. He is currently employed by the University of Sydney as a lecturer and researcher. In 2018, Joel started a private dietetic practice, Purely Plants.*

