



Plant Based
RECIPES

Lentils Bolognese
with *Parveggio*



You will need

Ingredients (For 2 servings):

1 tbsp of oil

½ onion, diced

30 gr of celery, diced

50 gr of carrots, diced

250 gr of cooked green lentils

Salt and black pepper to taste

400 ml tomato and basil sauce

250 gr of cooked spaghetti

Grated Parveggio



Method

- In a large pot, add oil and start by frying the onions, celery and carrots
- Cook for 3 minutes and then add in the cooked lentils
- Season with salt and black pepper
- After 1 minute you can add in the tomato and basil sauce and lower the heat
- Simmer for 5 minutes and then toss in the cooked spaghetti
- Mix nicely and serve
- Sprinkle with grated parveggio

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SERVES



PREP TIME



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