



LENTIL RAGU

SERVES 10

INGREDIENTS:

- 2 tbsp rapeseed oil
- 2 medium onions, peeled and chopped into large chunks
- 3 carrots, peeled and chopped into large chunks
- 3 celery stalks, cut into large chunks
- 4 garlic clove
- 1 large red chilli
- 2tbsp dried mixed herbs
- 300g red lentils, rinsed
- 300g green lentils, rinsed
- 2 tbsp tomato purée
- 2 tins chopped tomato
- 4 tbsp vegetable stock powder
- 2-2.5 litres boiling water
- 2 tbsp Henderson's sauce or marmite

INSTRUCTIONS:

- Using a food processor, finely chop the onions, carrots, celery, garlic and chilli.
- In a large pan, heat the oil over a medium heat. Add the finely chopped vegetable. Mixture and cook for about 10 minutes until they have started to soften.
- Add in the tomato puree and mixed herbs and cook for a couple of minutes.
- Add in the lentils, tinned tomatoes, stock and water and bring up to the boil.
- Allow to simmer for around 30-40 minutes until the red lentils have started to breakdown and the green lentils have a small amount of "bite" to them.
- Add in the mushrooms and Henderson's and cook for a further 5-10 minutes. Serve in a lasagne, topped with mash or with pasta.

• 250 calS 11g P 30g C 6g F