

EASY LENTIL SPAGHETTI BOLOGNESE



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Serves 4

NUTRITIONAL INFORMATION:

Dairy Free, Vegan, Vegetarian, High Fibre

Kcal: **495**

Protein: **21g**

Carbohydrate: **82.5g**

Fat: **9g**



INGREDIENTS

- 1 Leek, finely chopped
- 4 Garlic cloves, finely chopped
- 400g Tin of lentils, any type, drained
- 400g Passata
- 8 Sun dried tomatoes, drained & chopped
- 50g Pitted black olives, chopped
- 300g Wholegrain spaghetti
- 1 tbsp Olive oil
- ½ tsp Ground cumin
- salt & pepper to season

COOKING TIME: 30 minutes

METHOD:

1. Put the oil in a saucepan and set over a medium heat. Add the leek and saute for 8 minutes until softened.
2. Add the garlic and cumin and fry for 2 minutes. Add the lentils, passata, sun dried tomatoes and olives and simmer for 15 minutes until thickened. Season well.
3. Meanwhile bring a large saucepan of salted water to the boil and cook the spaghetti according to the packet instructions. Drain well.
4. Divide between 4 bowls and top with the lentil sauce.

Serve immediately.

Barcode for MyFitnessPal:



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