

veggie & lentil bolognese pasta



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Preparation 25 mins | Cooking 1 hour 10 mins | Serves 6

2 tbs olive oil
1 brown onion, finely chopped
2 garlic cloves, finely chopped
1 stick celery, finely diced
1 carrot, peeled and finely chopped
100g button mushrooms, finely chopped
150g eggplant, trimmed and finely chopped
700g jar tomato pasta sauce
400g can lentils, drained and well rinsed
1 cup chicken or vegetable stock
500g large shell or penne pasta
Grated parmesan, to serve

STEP 1 Heat oil in a deep frying pan over medium heat. Add onion and garlic and cook, stirring often, for 3 minutes until tender. Add celery, carrot, mushrooms and eggplant and cook, stirring often, for 5-7 minutes until eggplant is tender.

STEP 2 Stir in tomato pasta sauce and lentils. Cover and bring to the boil over medium heat. Stir in stock. Reduce heat to low and simmer, stirring occasionally, for 45-50 minutes until vegetables are tender. Season with salt and pepper to taste.

STEP 3 Cook pasta in a large saucepan of boiling water following packet directions, until al dente. Drain. Spoon pasta into serving bowls, top with sauce and grated parmesan and serve.

Good for you... **EGGPLANT**

A good source of dietary fibre, which is important to help prevent constipation. Provides some vitamin B6 that is important for the body's use of protein.

