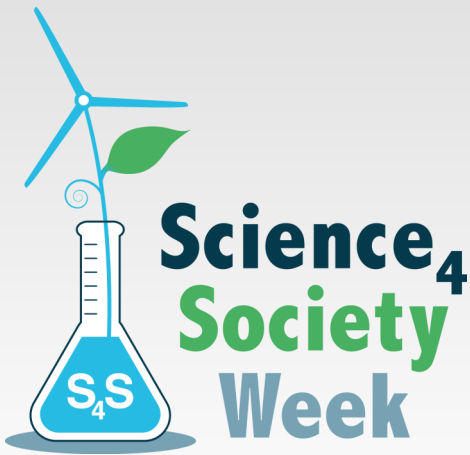


# Climate Kitchen

## Easy Lentil Bolognese



### Ingredients

- Olive oil (for frying)
- 1 onion
- 3 cloves of garlic
- 1 carrot
- 1 big handful of mushrooms (or a second carrot)
- 1 tbsp of oregano
- 1 tbsp of basil
- 1/2 cup of brown lentils
- 2 tbsp of tomato puree
- 1 tin of tomatoes
- Around 200ml of water
- 1 tsp of yeast extract
- Salt and pepper, to taste



### TIPS

- Put the onion in the fridge half an hour before chopping, this will make you cry less
- Be careful with knives, they're sharp!
- If you are using cooked or tinned lentils, simmer for 10 minutes rather than 40 minutes
- Keep lids on when simmering
- Lovely with some nutritional yeast sprinkled on top

### Method

1. Chop the onion, garlic, carrot and mushrooms
2. Heat some oil in a pan, add the onions and garlic and fry on a medium high heat for 4-5 minutes, or until softened
3. Add the carrot, mushrooms and herbs and fry for a further 3-4 minutes
4. Add the lentils, tomato puree, tin of tomatoes, water, yeast extract and any seasoning
5. Leave to simmer for 40 mins or until lentils are soft
6. Cook pasta according to packet instructions
7. Serve and enjoy