

One Pot Lentil Bolognese



Dietary: VEG, EF, NF
Allergens: Wheat, Dairy
Age group: 8 months+
Mealtime: Dinner
Difficulty level: Beginner

Serves: 6
Prep: 15 mins
Cook: 20 mins

Rating ★★★★★

MindChamps®
early learning & preschool

One-Pot Lentil Bolognese



Egg Free



Nut Free



Vegetarian

Equipment

High-speed food processor

Ingredients

- 1 brown onion (110g), peeled and roughly chopped
- 1 stalk of celery (80g), rinsed and roughly chopped
- 2 cloves garlic (20g), peeled
- 1 medium-sized carrot (160g), peeled and roughly chopped
- 1 medium-sized zucchini (180g), rinsed and roughly chopped
- 1 tbsp (20ml) EV olive oil
- 3 tbsp (60g) tomato paste
- 2x400g can brown lentils, drained and rinsed
- 1x 400g can diced tomatoes
- 1 cup (250ml) vegetable stock
- 1 tsp (2g) ground oregano
- 180g wholegrain spaghetti, broken in half
- salt and pepper to taste

TOPPINGS:

- 240g grated cheese
- Fresh basil leaves, optional

Method

1. Place onion, celery, garlic, carrot and zucchini into a high-speed food processor and process until pureed and smooth.
2. Heat oil in a large saucepan over medium heat.
3. Add onion-veggie mix and sauté for 4-5 mins.
4. Add tomato paste, lentils, diced tomatoes, stock and oregano, season, cover and let simmer for 5 mins.
5. Add wholegrain pasta and cook uncovered for 10-12 mins according to packet instructions or until al dente. Stirring a couple times will prevent pasta from sticking together.

Mandy's serving suggestion: Serve lentil bolognese topped with cheese and fresh basil

Storing leftovers: Store in an airtight container in the fridge for up to 3-4 days or freeze for up to 4 months.

Tips

- ✓ **For a dairy-free version:** Omit the cheese.
- ✓ **For a gluten-free version:** Swap wholegrain pasta with gluten-free pasta.
- ✓ **Easy ingredient swaps:** Swap vegetables for seasonal vegetables of choice.
- ✓ **Additional boosters:** Add some spinach to the bolognese sauce.
- ✓ **For Fussy Eaters:** Puree the sauce until smooth and no vegetables and lentils can be detected anymore. Serve the pasta, sauce and cheese separately.
- ✓ **For a baby friendly version:** Serve mashed or in finger food-sized pieces.