



# Pasta Bolognese

Prep: 10 minutes • Cook: 50 minutes • Serves: 4



## Ingredients

1 tablespoon olive oil  
125g onions, finely chopped  
2 garlic cloves, crushed  
100g carrots, finely chopped  
50g celery, finely chopped  
375g extra lean beef mince (5% fat)  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1 tablespoon tomato purée  
400g tin chopped tomatoes  
1 low-salt beef stock cube  
Black pepper to taste  
240g pasta  
200g green lentils, tinned in water  
(drained and rinsed)

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Low fat (less than 3g/100g) ✗  
Carbohydrate **61g**  
Low protein ✗  
Low salt ✓  
Cost per portion (November 2022) **£1.42**  
Energy in kcals **515**

- 1 Heat half the oil over a medium heat in a large frying pan. Add the chopped onions, crushed garlic cloves, chopped carrots and celery and cook for 5-7 minutes until they are soft, stirring as they cook. Tip the cooked vegetables out of the pan and into a bowl to set aside.
- 2 Put the same pan back on the heat and add the remaining oil. Turn up the heat and add the minced beef to fry it. Keep stirring for at least 5 minutes until the mince is brown, breaking up any lumps. As the mince cooks, tip in the dried herbs.
- 3 Once the mince is browned all over, pour the cooked chopped vegetables back into the pan and mix thoroughly. Add the tomato purée and tin of chopped tomatoes and season with black pepper. Leave to simmer for 5-7 minutes on a low heat.
- 4 Make the beef stock with your low-salt stock cube and 500ml boiling water. Pour the stock into the pan, bring to the boil again and simmer for another 10 minutes, allowing the sauce to thicken.
- 5 Bring a saucepan of water to the boil. Add the pasta to the boiling water and cook according to the packet instructions. Once the Bolognese sauce has thickened, add the drained tinned lentils and stir. Simmer for 5 minutes more, to allow the lentils to warm through.
- 6 Drain the pasta and serve with the Bolognese sauce piled on top.