



## LENTIL BOLOGNESE

### Ingredients for Bolognese:

- 1 tablespoon EVOO or coconut oil
- 2 carrots, diced
- 1 onion, finely diced
- 2 stalks celery, finely sliced
- 2 garlic cloves, chopped
- 1 tablespoon tomato paste
- 2 cups vegetable stock
- 400g diced tomatoes (or fresh tomatoes diced)
- 1 cup dried red lentils
- 2 teaspoons dried oregano or Italian herbs
- 1 bay leaf

### Ingredients for Eggplant Stack:

- 1 large eggplant, thickly sliced
- 150g mozzarella cheese, shredded or sliced
- OR
- 100g per serving hard tofu, blended until creamy and smooth
- Fresh parsley, chopped to serve

### Cooking Instructions for Lentil Bolognese:

- Heat oil in a large saucepan on low - add onion, garlic, celery and carrots and cook for 8-10 mins, or until onion is tender.
- Stir in tomato paste and cook for 1 minute.
- Add stock, tomatoes, lentils, dried herbs and bay leaf to saucepan, bring to simmer. Cook for 30 mins approx., covered, until lentils are tender. Season to taste.
- Serve with some steam vegetables, on rice, pasta, zucchini pasta, or make a lasagne with lasagne sheets.

### OR try in Eggplant Stack"

- Heat oven to moderate 180°C.
- Slice your eggplant and brush with some oil, heat a char-grill pan or frypan on high and grill eggplants on each side until tender.
- Allow 4 slices of eggplant per stack.
- Place 1 slice on bottom, top with spoonful of Lentil Bolognese and then thin layer of mozzarella cheese or tofu mixture – then continue and repeat layering finishing with a slice of eggplant and cheese or tofu on top.
- Place in oven and bake for 5-10 minutes until cheese melts, or tofu mixture is slightly brown.
- Serve sprinkled with some parsley.