

Vegetarian Bolognese



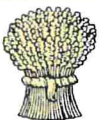
Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Lentils Green/Brown	20 g	200 g	1 kg	2 kg	4 kg
Red Lentils	12 g	120 g	600 g	1.2 kg	2.4 kg
Spaghetti	20 g	200 g	1 kg	2 kg	4 kg
Chopped Tomatoes	50 g	500 g	2.5 kg	5 kg	10 kg
Garlic Puree	1 g	10 g	50 g	100 g	200 g
Vegetable Oil	1 ml	10 ml	50 ml	100 ml	200 ml
Onions	10 g	100 g	500 g	1 kg	2 kg
Carrots	10 g	100 g	500 g	1 kg	2 kg
Mushrooms	10 g	100 g	500 g	1 kg	2 kg
Ground Black Pepper	0 g	2 g	10 g	20 g	40 g
Dried Mixed Herbs	1 g	6 g	30 g	60 g	120 g

Method

Cook the lentils in boiling water until soft, then drain.
 In a large pan heat the olive oil, add the soya mince until it breaks up and browns.
 Add the diced onion, diced carrot, cooked lentils & the garlic.
 Add the Tomato Puree, stir well & cook stirring continually.
 Add the chopped tomatoes & oregano.
 Leave to simmer.
 Cook the spaghetti in water.
 Serve separately and garnish with chopped parsley.

Assembled Tags



Contains Wheat