

Cauliflower and Lentil Bolognese

Serves 4-6

Ingredients

- 2 tablespoons of olive oil
- 1 brown onion, finely chopped
- 1 small head of cauliflower, coarsely chopped
- 2 zucchinis, grated
- 2 carrots, grated
- 2 celery stalks, chopped
- 1 x 400g can of brown lentils, rinsed, drained
- 1 x 400g can salt reduced crushed tomatoes
- 1/3 cup no-added-salt tomato paste
- 2 teaspoons mixed herbs

To serve

- 200g pasta
- Sprinkle of reduced-fat grated cheese



Method

1. Place all ingredients into a large pot. Season mixture with ground black pepper. Stir to combine and simmer over medium heat for 2 hours or until the cauliflower is very soft.
2. Cook pasta according to the packet instructions.
3. Top with grated cheese and serve.