

## ROSIE'S BEAUTIFUL BOLOGNESE

### Serves 2

Longer Recipe

Make Ahead

Keep in the fridge for 2 -3 days.

Good to freeze

### Ingredients:

2 tbsp olive oil

1 large onion, finely chopped

2 medium carrots, peeled and chopped into cubes

Salt and pepper

2 cloves garlic, crushed

2 sprigs of rosemary

200g dried green lentils

Glass of red wine

2 x 400g tins of chopped tomatoes

1tbsp tomato puree

60g walnuts

1 tbsp balsamic vinegar

Cooked pasta of your choice

And grated cheese, to serve, optional

### Method:

Add the oil to a saucepan over a low heat. Tip in the chopped onion and carrots, along with a pinch of salt and pepper. Cook for 6 minutes until mostly softened. Stir in the garlic and rosemary sprigs. Cook for another minute until it smells fragrant, then tip in the lentils.

Give everything a good stir, then pour in the red wine. When most of the wine has bubbled off, chuck in the chopped tomatoes, then re-fill one of the tins with water and pour it in. Stir in the tomato puree then leave to cook for 20 minutes, until the sauce has thickened and the lentils are soft.

When the lentils are nearly cooked, toast the walnuts in a dry frying pan over a medium heat until lightly browned and smelling nutty. Allow to cool and roughly chop, then add them to the pan. Stir in the balsamic vinegar and season your Bolognese to taste, removing the rosemary sprigs.

Serve with cooked pasta and, if you're like me, loads of grated cheese on top!