



ST PETER'S  
HOUSE

CURIOSITY | ENCOUNTER | GIFT

Serves 2

## Mushroom & Lentil Bolognese

### The Well Recipe Card

- 200g pasta
- 1 medium onion – small dice (1cm)
- 1 medium carrot – small dice (1cm)
- ½ celery – small dice (1cm)
- 3 clove garlic – finely diced
- 3 tsp Mediterranean blend
- 1 x 290g tin mushrooms – roughly chopped – water reserved
- 100g red split lentils
- 1 tin chopped tomatoes
- 1 stock cube

Optional – ketchup, parmesan, chilli

**Prepare vegetables as described.**

**In a saucepan over a medium heat, sweat onion with a little cooking oil until soft (2 – 4 mins).**

**Add carrot & celery keep cooking over medium heat until soft (3 – 4 mins).**

**Add garlic and cook out for 1 minute before Mediterranean blend – stir continuously to avoid too much smoke – turn down heat if necessary.**

**Add mushrooms, lentils, tinned tomatoes, mushroom water & stock cube. Stir bring to a simmer and cook gently with a lid checking occasionally and adding water if required for 15 – 18 mins, (or until lentils are nice & tender).**

**Meanwhile, cook pasta until done (after 10 – 12 mins it should be soft to touch), drain & reserve.**

**Finally taste and adjust seasoning (salt, pepper, tabasco ketchup).**

