




Plant based Spaghetti bol

 Easy/Medium

 25 minutes

 Serves 2

INGREDIENTS

1 onion
2 garlic cloves
200g mixed mushrooms
2 tbsp tomato puree
1 tbsp dried oregano
1 tbsp dried basil
1 can of chopped tomatoes
1 small tin of lentils
Olive oil
Spaghetti for two

METHOD

Step 1.

Prepare your spaghetti in a pan with boiling water

Step 2.

Finely chop your onion and add to a frying pan with heated oil

Step 3.

Sauté your onion until soft and add your garlic and mushrooms

Step 4.

Add a squeeze of tomato paste, herbs and chopped tomatoes

Step 5.

Add your lentils and cook over a medium heat

Step 6.

Finally place a generous serving over your cooked spaghetti and for a treat add a sprinkle of parmesan