

Veggie pasta sauce (7 portions; 50min)

For the sauce

6 large cloves garlic
plenty of olive oil for frying

1 courgette
1 aubergine

2-3 red onions (300-400g)
250g cherry tomatoes

1 large (660g) jar bolognese sauce
1 tin chopped plum tomatoes
1 tin chickpeas
70g red lentils

1 heaped tsp basil
2 heaped tsp paprika

1 vegetable stock cuboid
1 tsp freshly ground black pepper
1 tsp salt or to taste

Roughly chop the garlic, and chop the courgette and aubergine into chunks.
Fry the garlic on medium heat for 30 seconds, add the courgette, and fry for a further couple of minutes stirring frequently.

Add the basil and aubergine and top up the olive oil, mix well. Leave to fry for a few minutes, adding olive oil and stirring as needed to stop it sticking.

Chop the onions and cherry tomatoes. Add to the pan, along with the paprika, stock cube, salt, and pepper and mix.

Add all the other ingredients and a can of hot water, mix well, and leave to simmer until the lentils are cooked.

Good served with wholewheat pasta, garlic bread, and optional queso :)