

Veggie pasta sauce (6 portions; 50min)

For the sauce

6 large cloves garlic

plenty of olive oil for frying

1 courgette (~250g)

1 heaped tsp basil

2-3 red onions (~400g)

300g cherry tomatoes

1 tsp turmeric

2 heaped tsp paprika

1 tsp freshly ground black pepper

1 tsp salt or to taste

1 stock cuboid

1 large (660g) jar bolognese sauce

1 tin plum tomatoes

1 tin chickpeas (including water)

75g red lentils

(optional) 40g pea protein powder

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

Chop the onions and add them to the pot along with the basil and fry for a couple of minutes, topping up the olive oil and stirring as needed to stop it sticking.

Add the cherry tomatoes, spices, and stock cube. Mix well. Boil the kettle.

Add the tinned tomatoes and break them up. Add the chickpeas (including water), jar sauce, lentils, and about 300ml hot water and mix well.

(Optional) Sprinkle the protein powder on top and mix in well, making sure all the lumps are dissolved. Add more water if needed.

Simmer for 20-25 minutes or until the lentils are cooked, stirring occasionally to make sure they don't stick to the bottom of the pan.

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