

# RECIPE

## LENTIL BOLOGNESE



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# INGREDIENTS:

- 1 medium onion, diced
- 1 celery stalk, finely chopped
- 2 carrots, finely chopped
- 1 tbsp avocado or canola oil - best for frying
- 1 can (70 g) tomato paste
- 1 can (400 g) chopped peeled tomatoes
- 1 bay leaf
- 1 teaspoon dried thyme
- ½ teaspoon smoked paprika
- 2 teaspoons crushed garlic
- 140 g dry brown lentils
- 1 x 250 g tub smooth, plain, low fat or fat free cottage cheese
- 200 g LiveWell Red Lentil Spaghetti
- Pepper to taste



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# INSTRUCTIONS:

1. Heat 1 tbsp oil in a large pot over medium heat.
2. Add the diced onion, celery, and carrots. Sauté for about 5 minutes until softened.
3. Stir in the crushed garlic, tomato paste, smoked paprika, thyme, and bay leaf. Cook for 1–2 minutes to release the aromas.
4. Add the can of chopped tomatoes and 140 g dry lentils.
5. Pour in 2 cups of hot water or just enough to cover.
6. Bring to a boil, then reduce to a simmer. Cook for 20–25 minutes, stirring occasionally, until the lentils are tender. Add more water if needed.
7. While the sauce is simmering, cook the pasta according to the package instructions. Drain and set aside, drizzle with olive oil to prevent sticking.
8. Remove the bay leaf before serving. Stir in the fat-free cottage cheese until creamy. Season with pepper to taste.



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