

# Lentil and Walnut Bolognese

COOKING TIME: 30 MINS



Healthy  
UCD



SERVINGS: 5

# Ingredients

- 2 Tbsp Oil
- 1 Onion, chopped
- 2 Garlic Cloves, finely chopped
- 1 Tbsp Tomato Puree
- 2 Medium Carrots, Chopped
- 1 Can Chopped Tomatoes
- 2 Cans Lentils in Water
- 100g Walnuts, chopped



Ingredient	Amount	Cost (Tesco)	Aldi	Centra
Oil	1 Tbsp	na	na	na
Onion	1	€0.61	€0.50	€1.00
Garlic	2 Cloves	€0.08	€0.07	€1.30
Tomato Puree	1 Tbsp	€0.07	€0.06	€
Carrots	2	€0.26	€0.20	€1.00
Chopped Tomatoes	2 cans	€2.00	€0.78	€2.30
Canned Lentils	2 tins	€1.90	€1.70	€
Walnuts	100g	€0.90	€0.80	€
Total cost/recipe		€5.82	€4.11	€5.60
Total cost/serving		€1.16	€0.82	€1.12

# Method

1. Put the oil, onions and garlic in a pot and cook for a few minutes until they have softened.
2. Add the tomato puree and cook for another few minutes before adding the chopped carrots and cook for 5 mins.
3. Then add the chopped tomatoes, and the lentil Cook for 5 minutes. Stir in the walnuts
4. Serve with pasta.



# Dietary Information

## Nutritional Values

	Per Serving	%RI
Energy (kcal)	560kcal	28%
Fat	19g	27%
of which saturates	2.3g	12%
Carbohydrates	67g	26%
Fibre	19g	76%
Protein	21g	42%
Salt	0.11g	2%

# Dietary Information



Gluten free



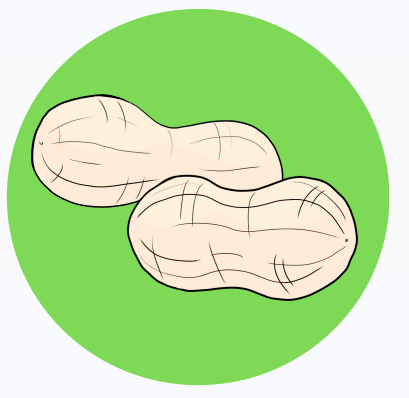
**Vegetarian**



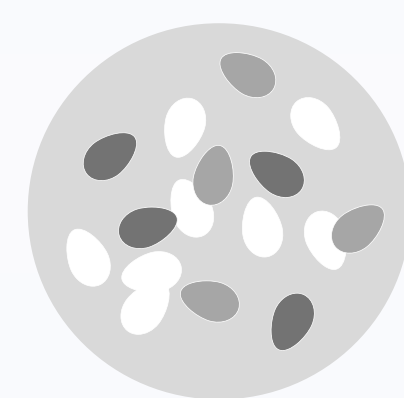
Contains gluten



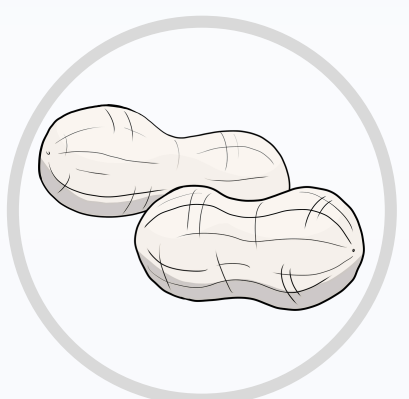
**Vegan**



Contains nuts



Contains sesame



May contain nuts



Contains soy



Contains dairy



Contains celery



Contains eggs



Contains fish

