



VEGAN BOLOGNESE

A meat-lovers classic and turned it into a nourishing vegan dish. Because this dish is made with lentils, it is still contains a good source of vegetarian protein, great to fuel our plant-based friends.

🕒 20 minutes

👤 4 portions

INGREDIENTS

- 1 tbsp of oil, coconut (14 g)
- 2 celery stalks, diced (128 g)
- 2 carrots, diced (144 g)
- 1 onions, diced (150 g)
- 1 can of diced tomatoes, (190 g)
- 1 can of lentils (400g)
- 1 cup of vegetable stock
- 2 cloves of garlic, raw (6 g)
- 1 tsp of cumin seed (2 g)
- 1/2 tsp of spices, chili powder (1 g)
- 1 tbsp of spices, parsley, dried (2 g)
- 500 grams of zucchini, noodles

COOKING METHOD

- 1° Sauté the carrot, onion, celery and garlic in the oil for 3 minutes over medium heat or until onion is translucent
- 2° Add the lentils, tomatoes, stock, spices, salt and pepper and stir through. Allow to simmer for approximately 15 minutes with the lid on, stirring occasionally.
- 3° Add the chopped parsley and remove from flame. Serve with spiralized zucchini or your choice of pasta

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (404 g)	% DRI
ENERGY	82 kcal	333 kcal	17 %
FAT	1 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	16 %
CHOLESTEROL	0 mg	2 mg	1 %
SODIUM	42 mg	169 mg	7 %
CARBOHYDRATE	14 g	55 g	18 %
SUGARS	3 g	10 g	—
FIBER	3 g	11 g	44 %
PROTEIN	5 g	19 g	—