Recipe

veggie bolognese

for a family of 4

Our veggie bolognese is a delicious meal for little ones! Soft macaroni is mixed with gentle lentils in a smooth tomato sauce, packed with veggies like carrots, mushroom and onions. With 1.5 portions of fruit and veg and 6 different plant points, it's full of goodness to help little ones grow. You can even sprinkle a little cheese on top!

Ingredients

a glug of oil

1 white onion - chopped

400g chestnut mushrooms - diced

1 carrot - grated

1 tbsp of tomato puree

400g of passata

650ml of water

65g of dry dark speckled lentils (or puy lentils)

1tbsp of dried mushrooms -chopped

15g of nutritional yeast (optional)

a pinch of ground black pepper

2 sprigs of rosemary - chopped

Method

heat oil in a wide, deep pan over medium heat and cook the onions until soft.

add the mushrooms and carrots and cook until tender and lightly golden.

stir in the tomato paste and cook for a couple of minutes.

add the passata, water, lentils, dried mushrooms, nutritional yeast, black pepper and rosemary.

bring to the boil, then simmer gently for at least 1 hour, stirring often to avoid sticking.

serve mixed through your favourite pasta (always with a good splash of the pasta water mixed into the sauce) with peas and wraps.

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Nutritious delight with every bite

Please note: This recipe is correct at the time of publication on 08/06/2026.