

Lentil bolognese with zucchini noodles

SERVES: 1 TIME: 25 MIN

A vegetarian and gluten-free take on a classic that's warm and filling!

Ingredients

FOR THE LENTIL BOLOGNESE

¼ cup lentils
1 Tbsp shallot, finely diced
1 clove garlic, minced
¼ cup carrot, diced
1 cup jar Italian tomato sauce
1 tsp extra virgin olive oil
½ tsp dried basil
½ tsp dried oregano
Red pepper flake
¼ cup water
Kosher salt

FOR THE DISH

1 cup zucchini noodles
2 Tbsp shaved parmesan
1 tsp extra virgin olive oil
Kosher salt

NOTES:

Use DF cheese to make DF. Fresh basil would be a great addition here! Italian herbs can be used in place of basil and oregano.

Instructions

1. Make the lentil bolognese: Heat olive oil in a medium pot, add shallots and garlic, and cook for 2 to 3 minutes, stirring frequently. Add carrots and season with salt and pepper; cook until softened, 3 to 4 minutes.

Add tomato sauce and stir to combine. Add dried herbs, water, and lentils. Bring to a boil then reduce to a simmer, cooking until lentils are tender and the sauce thickens, stirring occasionally, about 15 minutes.

2. Meanwhile, in a medium sauté pan, cook zucchini noodles in olive oil; season with a pinch of salt.

3. Top zucchini noodles with sauce and ricotta cheese.