

Lentil bolognese

What you'll need

Serves 4

100g of cashews, soaked for at least four hours

Olive oil

150g onions, finely chopped

2 pressed cloves of garlic

100g red peppers, finely sliced

200g mushrooms, finely chopped

½ tsp dried oregano

2 tbsp tomato puree

2 tbsp nutritional yeast

1 tbsp miso paste

1 vegan stock cube dissolved in 200ml water

1 x 400g cans of black or green lentils, drained and rinsed or 150g dried lentils, cooked

2 tins of chopped tomatoes.

Crushed black pepper

Sea salt

Fresh basil

How to cook it

1 Soak the cashews for eight hours or overnight. If you're in a rush simmer them for 15 minutes on a high heat.

2 Fry the onions, garlic, red peppers and mushrooms and oregano until soft. Add the tomato puree and fry for a further minute.

3 Blend the nutritional yeast, cashews, miso, salt and pepper until a smooth sauce is formed. Use some of the stock to help it blend.

4 Add the lentils to the pan and cover with the remaining stock and stir in the creamy miso mixture and the tinned tomatoes.

5 Allow it to simmer for 15 - 20 minutes with the lid off to thicken, stirring occasionally.

6 Break down some of the lentils with the back of a wooden spoon to create a softer texture.

7 Serve with your pasta and top with fresh basil, salt pepper and a drizzle of olive oil.