

Mushroom, lentil & spinach sauce



- 1 red onion, peeled and finely chopped*
- 300g Mushrooms, wipe clean and finely diced*
- 240g Cooked Brown lentils*
- 2 handfuls spinach*
- 1 pak choi (optional), cut off end bulb (discard), separate leaf from thicker end*
- 400ml Passata*
- 1 tbsp Tomato puree*
- 4 Garlic cloves, minced*
- 1 tbsp Tahini*

1 tsp tamari sauce

1 tbsp Extra virgin olive oil

3 tsp mixed herbs

1 tsp paprika

1 tsp cayenne pepper

1 tsp chilli flakes

Heat oil in pan, add onions and saute until softened

Add garlic, cook 1min

Add mushrooms (and thick end of pak choi if using) and stir

Pour in passata and add tomato puree and mix together

Add lentils and stir

In a separate bowl place tahini and tamari sauce and mix until combined

Add tamari tahini mixture to the pan and stir to incorporate

Add herbs, paprika, Cayenne pepper and chilli flakes. Simmer for 5mins

Add spinach and pak choi leaves (if using) and stir until all combined. Cook until wilted.

Serving suggestion: Cut pepper in half and deseed. Place spoonful of mixture onto each half. Bake in oven approx 10mins, 180 degrees celsius. Sprinkle with nutritional yeast