

Tomato and Lentil Sauce

6 portions

Ingredients

1tsp Sunflower oil
200g Onion diced
100g Carrots, grated
1 clove Garlic, crushed
50g Red lentils
1tsp Basil
1/4tsp Black pepper
1/2tsp Turmeric
1tsp Paprika
400g Tinned Tomatoes
1tbsp Tomato puree
400ml Water

1. Heat a little oil in a suitable pan
2. Add onion, carrots and garlic and fry until onion is translucent
3. Add the lentils, herbs and spices and stir thoroughly
4. Add the tomatoes and tomato puree and most of the water
5. Simmer until the lentils have softened
6. Blend to a smooth sauce
7. Add more water if necessary

