



## Half and Half Bolognese / Lasagne Sauce

Serves 4

A great way to reduce meat intake, either for ethical, economical or healthy reasons, is to eat good quality meat, but less often. Alternate red meat with white varieties too. Classic mince dishes can be padded out with plant protein, typically adding a good source of fibre. This is beneficial for gut health. Examples would be adding lentils, chickpeas or beans, but extra vegetables can also be added, see below.

### *Ingredients*

500g turkey mince  
2 cloves garlic, chopped / crushed  
1 large onion, chopped  
1 stick celery, finely chopped  
140g dried red lentils  
1 x 400g tin chopped tomatoes  
200ml beef stock  
3 tbsp tomato puree  
2 large handfuls chopped fresh spinach or  
2 cubes frozen spinach  
Mixed herbs

### For lasagne

500ml classic white lasagne sauce  
Lasagne sheets  
75 g grated mature cheddar or parmesan cheese



### *Method*

Gently sauté the onion with 5 mins on a low heat. Add garlic, celery and turkey mince. Fry off for another 5 mins.

Add the lentils, tinned tomatoes and beef stock and mix well.

Cover and cook on a medium heat for 20 mins, stirring frequently to ensure the lentils don't stick to the bottom of the pan. Add a dash more water if appearing to dry out.

Once lentils have softened, add the spinach and tomato puree and stir to incorporate. Season and add a tablespoon of mixed herbs.

If using mince to make lasagne, use this to line your pasta dish, adding white sauce and layers of lasagne sheets. Finish with white sauce and grated cheese.

Bake at 180°C for 40 minutes, until the pasta feels soft.

### Optional extra vegetable ideas

Grate carrot, courgette or squash into the mince sauce. Puree cooked mushrooms. Add peas, sweetcorn or diced peppers.