Spaghetti Bolognese

Pasta is such comfort food, don't you agree? And this healthy vegan spaghetti bolognese is making me drool, just thinking about it. So look no further, here's an easy and healthy dinner for you.

Servings: 2-3

Bolognese
1 onion
3 cloves of garlic
1 stalk of celery
1-2 carrots
1.5 dl beluga lenses
400 g crushed tomatoes
200 ml coconut milk
2 tbsp tomato puree
2 dl of water
2 bay leaves
2 tsp oregano
2 tsp thyme
1/2 tsp sea salt
1/2 tsp black pepper
1/4 tsp chili flakes
10 black olives

Pasta
about 100 g gluten-free
linguine pasta per person

Salad
equal parts arugula, spinach
and romaine lettuce

Instructions

1. Start by finely chopping onions, garlic, celery and carrots. Fry in a large ceramic saucepan over medium heat with some water.
2. When the vegetables are soft and the onion is translucent, you can add in lentils, crushed tomatoes, coconut milk, tomato puree, water and bay leaves.
3. Let it simmer with the lid ajar, for about 20-25 minutes, or until you think the lentils are chewy enough.
4. Boil the pasta, finely chop the olives and prepare the salad while you wait. Season with chopped olives, oregano, thyme, salt, pepper and chili flakes. Let it simmer for a few more minutes.
5. Remove the pan from the heat and allow it to cool for a few minutes. Taste it.
6. Mix the freshly cooked pasta with the bolognese.
7. Place on a large plate with a generous portion of salad. If necessary, sprinkle a little herbal salt on top.

I always buy a gluten-free pasta made of 100% wholemeal rice flour, as it is the cleanest and tastiest one I can find where I am. Also, make sure you buy clean products. The crushed tomatoes should contain only tomatoes, and the olives should just include water, salt and olives.