

Beef and lentil Bolognese



SERVES
10

Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Dry red lentils	70g	90g	125g
Water	400ml	530ml	710ml
Canola oil	6ml	8ml	11ml
Onion, diced	120g	160g	215g
Capsicum, diced	120g	160g	215g
Beef mince (lean)	320g	420g	570g
Garlic, crushed	8g	11g	14g
Canned crushed tomatoes	400g	530g	710g
Salt	1.2g	1.6g	2.1g
Sugar	1g	2g	2g
Gravy mix	20g	26g	36g
Water	60ml	80ml	110ml
Dry pasta shapes	320g	420g	570g
Edam cheese, grated	50g	70g	100g
Parsley	6g	7g	10g

Directions

1. In a large bowl cover lentils with first measure of water and soak overnight.
2. Heat oil in a large pot.
3. Add onion, capsicum, beef and garlic to pot and cook over high heat, mixing and breaking apart regularly.
4. Cook until the liquid from mince has evaporated.
5. Add lentils along with soaking water, tomatoes, salt and sugar.
6. Cook over medium heat, stirring often, until the lentils have softened and are breaking apart.
7. Dissolve gravy mix in second measure of water to make a paste.
8. Mix paste through sauce and bring back to a boil then remove from heat.
9. Bring a separate pot of water to a boil.
10. Add pasta to boiling water and cook until just soft then drain.
11. Mix Bolognese sauce with pasta.
12. Serve pasta and sauce, top with cheese and parsley according to quantities below.



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Special diet substitution ideas

Vegetarian:

- Replace mince with extra lentils. Use 20g extra of dried lentils per serve.

Vegan:

- Replace mince with extra lentils. Use 20g extra of dried lentils per serve. Replace cheese with vegan cheese.

Halal:

- Make sure beef is halal certified.

Dairy (Cow's milk):

- Replace cheese with dairy-free alternative.

Gluten (Wheat):

- Use gluten-free pasta.

Portioning guidance

Weigh or measure reference plates for each meal size to visually guide your portioning.

	YRS 0-3	YRS 4-8	YRS 9+
Pasta and sauce	192g	251g	340g
Cheese	5g	7g	10g
Parsley	0.6g	0.7g	1g

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	197	259	351
Vegetables (g)	55	73	99
Protein food (g)	45	59	80
Grain food and starchy vegetables (g)	74	97	132

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Gilmours lentils red	3kg
Value canola oil	3L
SB onion diced	1kg
SB capsicum red diced	1kg
Affco beef mince 85cl	1kg
Gilmours garlic crushed in oil	1kg
Gilmours tomatoes crushed	2.5kg
Pams salt iodised	1kg
Pams sugar white	500g
Maggi Wholeness gravy mix gluten free	2kg
Turkmen pasta penne	5kg
Alpine cheese edam grated	5kg
Fresh Connection half bunched parsley	350g

Allergens



dairy (cow's milk), gluten.

Disclaimer: Check ingredient labels for specific allergens as products can change without notice and 'may contain' allergens not listed here.

Tips



- This Bolognese sauce can be used in a lasagne, cottage pie or served on toast.
- Instead of using dry lentils, you can use drained canned lentils without adding any extra soaking water.
- If stove-top space is limited, transfer the cooked sauce to deep trays and keep warm in the oven while you cook the pasta.
- This Bolognese sauce freezes well.