East End Flat Pack Meals
Recipe supporting the Thrive Under 5 Project

NHS Greater Glasgow and Clyde

Please note: this recipe is not suitable for children under 1 as contains stock cubes.

Follow link below for recipes and advice for when it's time to introduce solid foods to your baby:

https://www.nhsggc.scot/your-health/early-years/starting-solids

VEGETABLE BOLOGNESE with PENNE PASTA

INGREDIENTS (SERVES 4)

- **300g/3** Cups of penne pasta
- **2** Garlic cloves
- **1** Pepper
- **1** Courgette
- **6-7** Mushrooms
- **1** Onion
- **1** Teaspoon of mixed herbs
- **1** Vegetable stock cube
- **200g/ 1** Cup of red lentils
- **1** Tin of tomatoes
- **1** Tablespoon of tomato puree
- **500ml** of water (for stock)
- **2** Tablespoons of vegetable oil (not supplied)

EQUIPMENT NEEDED

- Chopping board
- Sharp knife
- **1** Large pot
- **1** Medium-sized pot (for pasta)
- Wooden spoon
- Tin opener
- Measuring jug
- Sieve



PREPARATION TIME:
20 minutes

METHOD

1. Wash the pepper, mushrooms and courgette before use and rinse lentils using the sieve.
2. Add **500ml** of boiling water to a measuring jug and carefully crumble the stock cube in to the water. Stir until stock cube is completely dissolved.
3. Peel and finely chop the garlic. Peel and dice the onion and chop the mushrooms, pepper and courgette into bite-size pieces.
4. Boil the pasta in a medium pot for **8-10 minutes** until tender and then drain using the sieve.
5. Heat the oil in large pot and add the garlic along with the pepper, mushrooms, courgette and onion and cook for **5-10 minutes** on medium heat until softened (keep gently stirring to stop vegetables from burning and sticking to pot).
6. Add the tin of tomatoes, hot stock, lentils, tomato puree and mixed herbs to the pot and stir together.
7. Cook for a further **15 minutes.** Make sure the lentils are soft before serving.

ALLERGY INFORMATION:

Stock cube may contain celery. Pasta contains gluten.

Red lentils may have been prepared in an area containing gluten.