

Vegan Mercimek Spagetti Bolonez

A hearty vegan lentil spaghetti Bolognese with rich tomato sauce, packed with protein and flavor. Ready in 60 minutes for a satisfying plant-based meal.

20 min

HAZIRLIK

40 min

PIRME

1h

TOPLAM

2

PORSIYON

Medium

ZORLUK

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Malzemeler

- 1 tbsp olive oil
- 1 onion
- 2 clove garlic
- 2 carrot
- 1 cup mushroom
- 3 potato
- 1 cup green lentil
- 2 tbsp parsley
- 1 pinch salt
- 1 tbsp cumin
- 2 tbsp tomato paste
- 2 tbsp paprika
- 4 cup vegetable broth
- 1 pack egg free pasta

Yapılışı

- Prepare the vegetables**

Dice 1 onion and 2 carrots into small 1/4-inch pieces. Mince 2 cloves garlic and set aside.
- Rinse 1 cup red lentils in a fine-mesh strainer under cold water until the water runs clear, about 1-2 minutes.
- Build the sauce**

Heat 1 tablespoon olive oil in a large saucepan over medium heat (165°C/325°F). Add diced onion and carrots, cooking for 5-6 minutes until the onion is translucent and carrots begin to soften.
- Add minced garlic and cook for 30 seconds until fragrant, stirring constantly to prevent burning.
- Stir in 2 tablespoons tomato paste and cook for 1-2 minutes until it darkens slightly and becomes aromatic.
- Add rinsed lentils, 1 cup vegetable broth, 1 pinch salt, and 1 tablespoon herbs. Bring to a boil over high heat.

- 7 Reduce heat to medium-low and simmer uncovered for 15-20 minutes, stirring occasionally, until lentils break down and create a thick, sauce-like consistency.
- 8 **Cook the pasta**
Meanwhile, bring a large pot of salted water to a rolling boil. Add 1 pack spaghetti and cook according to package directions until al dente, typically 8-10 minutes.
- 9 Reserve 1/2 cup pasta cooking water, then drain the spaghetti in a colander.
- 10 **Combine and serve**
Add drained spaghetti to the lentil sauce and toss for 1-2 minutes over low heat, adding reserved pasta water 2 tablespoons at a time if needed to achieve a creamy consistency.
- 11 Taste and adjust seasoning with additional salt if needed. Serve immediately topped with 2 tablespoons fresh herbs.

?puçlar?

Rinse lentils thoroughly before cooking and pick through them to remove any small stones or debris that might be present.

Cook the soffritto (onion, carrot, celery mixture) slowly over medium-low heat until deeply caramelized—this develops the foundational flavors that make the sauce exceptional.

Add a splash of red wine or balsamic vinegar to deglaze the pan after cooking vegetables, which adds depth and helps lift any browned bits from the bottom.

Let the lentils simmer gently rather than boiling vigorously—this prevents them from becoming mushy and maintains their texture.

Season the pasta cooking water generously with salt—it should taste like seawater to properly flavor the pasta from within.

Reserve a cup of pasta cooking water before draining—the starchy water helps bind the sauce to the pasta perfectly.

Allow the finished dish to rest for 5 minutes before serving to let the flavors meld and the sauce thicken slightly.

Fresh herbs added at the end brighten the entire dish—try basil, oregano, or parsley for the best results.