



AUSTRALIAN
CHESTNUTS

A close-up photograph of a white ceramic bowl filled with spaghetti topped with a rich, chunky red bolognese sauce. The sauce is garnished with several fresh green basil leaves. The bowl sits on a wooden cutting board. In the background, there is another similar bowl, a vase of fresh basil, and some bread. A whole red tomato is visible in the bottom left corner.

Chestnut Bolognese

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Prep time 15 mins - Cooking time 90 mins - Serves 6

A plant-based alternative to traditional minced meat spaghetti sauce, made hearty with the rich flavour and texture of chestnuts. Easy for weeknight meals.

Ingredients

500g chestnuts, cooked & peeled	1 tablespoon dried Italian herbs
2 tbsp olive oil	2 x 400g tins lentils, rinsed and drained
1 brown onion	200ml vegetable stock
3 cloves garlic	5 tablespoons tomato paste
100g celery, finely chopped	400g crushed tomatoes
2 medium carrots, grated	400ml tomato passata (puree)
50g fresh basil leaves	1 teaspoon white sugar
50g fresh parsley leaves	

Method

1. Heat a large pot on medium adding two tablespoons olive oil.
2. Add finely chopped brown onion and sauté for 5 mins, stirring regularly. Add carrot, celery, garlic and dried herbs. Continue sautéing for an additional 10 mins until all vegetables are soft.
3. Finely chop half the chestnuts and add to pot along with finely chopped basil and parsley. Add lentils and vegetable stock. Allow to simmer uncovered for 10 mins.
4. To the pot add crushed tomatoes, tomato passata, tomato paste and sugar. Coarsely chop remaining chestnuts and add those last. Simmer for approximately one hour.

Season to taste and serve with freshly cooked pasta.

800g of fresh chestnuts produces approx 500g once cooked and peeled

Keep your chestnuts in the fridge!

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