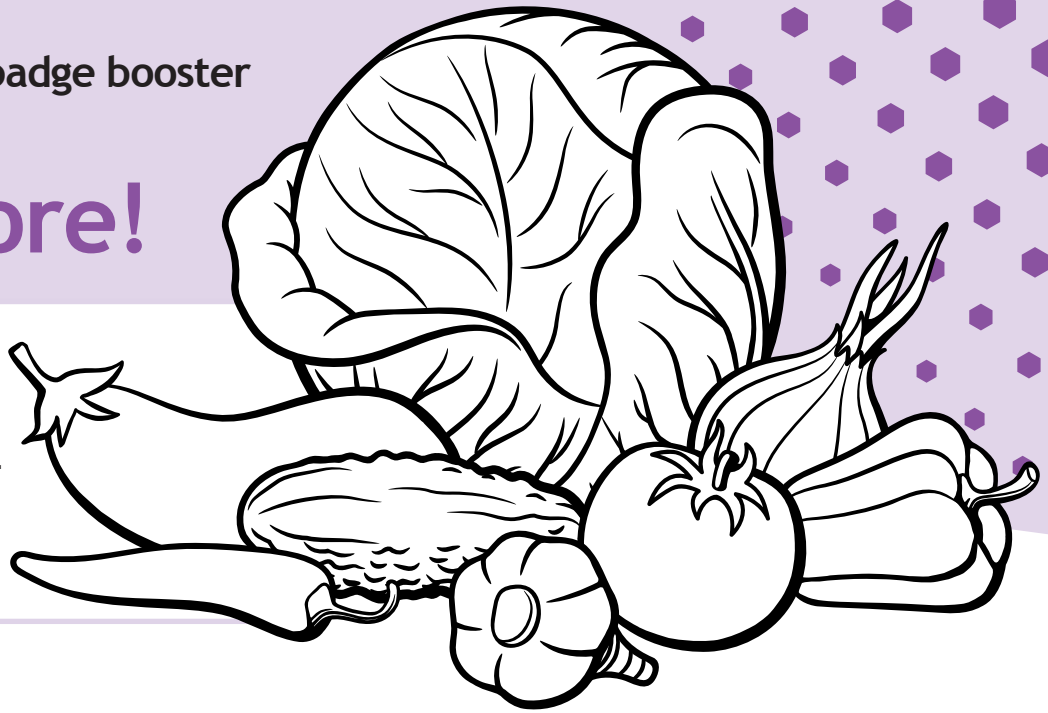


Your limited edition badge booster  
from Knorr®

# Give it More!

## Amazing!

Well done on completing your Fruit and veg badge. Try out this bonus activity to keep exploring fruit and veg at home.



## Your challenge

It's time to shake things up, take your favourite meal and give it more! Adding more veggie's can make your meals go further and make it yummy in your tummy.

Did you know you could cook extra food and freeze it for another meal? It's a great time saver for a quick and easy mid-week meal.

## What to do

Pick your favourite meal. Then come up with three different veggies you could try adding in.

- 1 Maybe you could throw a handful of spinach in at the end. Or mix some lentils and stock cube into your shepherd's pie – can you even tell there are extra veggies in it?
- 2 Take your ideas to whoever you eat your meals with. Get them to vote on their favourite one. Ask an adult to help bring your idea to life.
- 3 Once everyone's tried it, get them to help you rate it. Did you come up with a smash hit?

## What veggies could you add?

## How was it? - colour in the symbols to show the results

Yummy

Easy to make

Smiling faces

Overall



Our friends at Knorr® want to share this great recipe with you!

# Oven Baked Lentil Bolognese

## Ingredients

- 1 Knorr® Paprika & Sundried Tomato Stock Pot
- 1 packet of spaghetti cooked al dente
- 2 tinned peeled plum tomatoes
- 200g Puy lentils
- 2 carrots grated
- 1 brown onion grated
- 2 cloves of garlic sliced
- 100g breadcrumbs
- 75g vegetarian strong hard cheese
- 1 lemon zest
- 1/2 bunch fresh oregano leaves picked
- 1/2 tbsp olive oil

## Cooking time



50 mins

## Prep time



10 mins

## Serves



4 people



## What to do

**1** Preheat the oven to 180°C.

For the Bolognese Sauce, pour the tinned plum tomatoes into a large, deep roasting tray and gently crush the tomatoes with a potato masher to break them up. Add the lentils, grated carrots, grated onion, sliced garlic and the Knorr® Paprika and Sundried Stock Pot then place in the oven for 35-40 minutes, until the vegetables and lentils are cooked through.

**3** For the Pangrattato, combine the breadcrumbs, vegetarian hard cheese, lemon zest, oregano and olive oil on a tray. Bake in the oven for 10-12 minutes, until golden and crisp.

**4** Cook the spaghetti al dente and toss in a drizzle of oil to stop it from sticking together. Serve by spooning the Bolognese Sauce over the pasta and topping with the crispy Pangrattato.

Ask an adult to help with this recipe.

Where could you add more veggies into this delicious meal?  
Scribble your thoughts around the recipe.