

Iron rich recipe brought to you by  
Ferrogen iron supplements & Pheeb's Foods

APPROX

**7.7** mg

IRON PER SERVE

42.88% RDI for females  
96.5% RDI for males



# LENTIL BOLOGNESE

*Serves 2*

- |   |  |
|---|--|
| 1 medium brown onion                                    | ½ cup water  |
| 1 carrot  | 1 chicken or vegetable stock cube  |
| 1 celery stalk  | <b>Pinch</b> of salt and black pepper  |
| 1-2 <b>tbsp</b> olive oil                               | 1 <b>tsp</b> sugar   |
| 3 garlic cloves   | 1 <b>tsp</b> dried oregano   |
| 1 400g tin of diced tomatoes                            | 1 <b>tsp</b> dried Italian spice   |
| 1 400g tin brown lentils drained and rinsed well (240g) | 2 bay leaves *dry or fresh   |
| 3 <b>tbsp</b> tomato paste                              | 2 <b>serves</b> dried wholemeal spaghetti (around 85g dried pasta per serve) |



## METHOD

- 1** Finely dice the onion, carrot and celery, this can also be done in a food processor pulsing until all finely chopped
- 2** Heat the olive oil in a large saucepan over a medium heat and cook the vegetables for 5 minutes or until softened, add the garlic and cook for a further minute
- 3** Add in all remaining ingredients and bring to a boil, turn the heat down and simmer covered for 10 minutes then uncovered for a further 5-10 or until slightly reduced
- 4** Cook the pasta in boiling salted water until al dente. Drain the pasta reserving  $\frac{1}{4}$  cup of the pasta water, add the pasta and reserved water to the pot with the Bolognese and stir well until everything is coated in the sauce.
- 5** Serve with fresh basil leaves and some parmesan cheese if desired

**DID YOU KNOW** 38% of Australian women aged 19-50 are low in iron?! Ensuring your blood iron levels are in the healthy range for your body can help you to feel in your element. Ferrogen iron supplements support healthy nutritional choices via this yummy range of iron rich recipes developed in conjunction with wholefood nutritionist Phoebe Conway. When increased iron intake through diet proves inadequate, iron supplementation might be recommended by your doctor.

Reference: 1. Australian Health Survey: Usual Nutrient Intakes, 2011-12.  
Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.

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