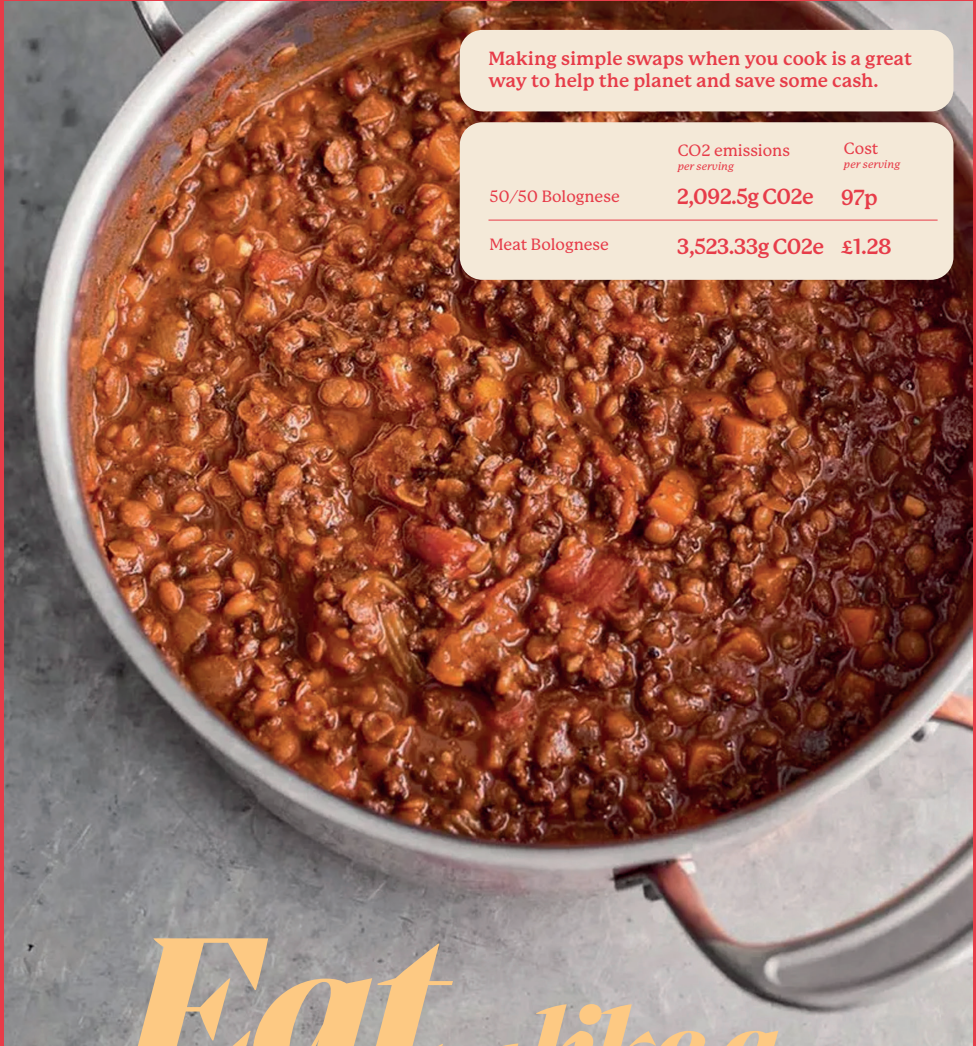


# 50/50 Bolognese

Less meat. More flavour.

Try Jamie Oliver's cost-saving family favourite.



Making simple swaps when you cook is a great way to help the planet and save some cash.

	CO2 emissions <i>per serving</i>	Cost <i>per serving</i>
50/50 Bolognese	2,092.5g CO2e	97p
Meat Bolognese	3,523.33g CO2e	£1.28

*Eat like a  
Londoner*

# 50/50 Bolognese

By *Jamie Oliver*

*Half meat. Half lentils and fragrant vegetables.  
Better for the planet and your wallet.*

*Serves 12*

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## Ingredients

2 teaspoons dried rosemary  
or ½ a bunch of rosemary (15g)  
Olive oil  
750g minced beef or pork  
8 cloves of garlic  
500g fresh or frozen chopped  
mixed onion, carrot & celery  
5 tablespoons balsamic  
vinegar  
3 x 400g tins of lentils  
4 x 400g tins of chopped  
or plum tomatoes

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Original recipe from:  
[www.jamieoliver.com/recipes/beef-recipes/  
50-50-bolognese](http://www.jamieoliver.com/recipes/beef-recipes/50-50-bolognese)

## Method

1. Put a large deep casserole pan on a medium-high heat. Pick and finely chop the rosemary leaves and place in the pan with 3 tablespoons of olive oil, stirring regularly.
2. Stir in the mince, breaking it up with your spoon, and let it brown for 15 minutes, stirring regularly. Peel, finely chop and add the garlic, along with the chopped mixed veg, season with sea salt and black pepper and cook for another 15 minutes, still stirring regularly.
3. Stir in the balsamic, cook away, then add the lentils, juice and all. Add the tomatoes, then half-fill each of the four tins with water, swirl around and pour into the pan. Bring to the boil, then simmer on a medium-low heat for 2 hours, or until thickened, stirring occasionally.
4. Season to perfection, and enjoy as is, batching up extra portions to stash in the fridge or freezer for future meals.



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