



# UCCOOK

## Very Veggie Bolognese

**with nutritional yeast, fresh basil & linguine pasta**

Our veggie version of a classic dish, with the same beloved rich tomato flavour! A hearty base of lentils, swirls of linguine, and sprinklings of nutritional yeast, are gonna get your taste buds dancing the boogie!

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**Hands-On Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Vegetarian

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 Fat Bastard | The Golden Reserve

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## Ingredients & Prep

1	Onion <i>½ peeled &amp; roughly diced</i>
120g	Carrot <i>trimmed, peeled (optional) &amp; grated</i>
30ml	Red Wine
1	Garlic Clove <i>peeled &amp; grated</i>
5ml	NOMU Provençal Rub
10ml	Tomato Paste
200g	Cooked Chopped Tomato
120g	Lentils <i>drained &amp; rinsed</i>
100g	Linguine Pasta
10ml	Nutritional Yeast
3g	Fresh Basil <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. FRY THE VEG** Boil the kettle. Place a deep saucepan over a medium-high heat with a drizzle of oil. When hot, fry the diced onion and grated carrot for 5-6 minutes until softened, shifting occasionally. Pour in the red wine and leave to simmer for about 1-2 minutes, until almost all evaporated.

**2. LUSCIOUS 'BOLOGNESE' SAUCE** When the wine has evaporated, mix in the grated garlic, Provençal rub, and the tomato paste. Fry for 1-2 minutes until fragrant, shifting constantly. Stir in the cooked chopped tomato, drained lentils, and 100ml of boiling water. Bring to the boil, then reduce to a low-medium heat. Simmer for 15-20 minutes until reduced and sticky, stirring occasionally.

**3. BOIL THE PASTA** Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain on completion, reserving a cup of pasta water, and toss through some olive oil to prevent sticking.

**4. ALMOST THERE** If the sauce is too thick on completion, loosen by mixing in the reserved pasta water in 10ml increments until the desired consistency. Season to taste with salt, pepper, and a sweetener of choice. On completion, remove the pan from the heat.

**5. COMFORT IS SERVED!** Dish up a generous bowl of pasta and smother in sticky lentil bolognese. Sprinkle over the nutritional yeast and garnish with the chopped basil. Scrumptious, Chef!



## Chef's Tip

While the lentil Bolognese sauce is simmering, only stir it every now and then. This helps it to thicken and become deliciously sticky!

## Nutritional Information

Per 100g

Energy	536kJ
Energy	128Kcal
Protein	6.3g
Carbs	24g
of which sugars	4.3g
Fibre	4.9g
Fat	0.5g
of which saturated	0g
Sodium	95mg

## Allergens

Gluten, Allium, Wheat, Sulphites,  
Alcohol

Cook  
within  
4 Days