



UCOOK

Groovy Lentil Bolognese

with cashew nut cream cheese, fresh chilli & fusilli pasta

Our veggie version of a classic – with the same beloved sticky texture and rich, tomatoey flavour. A hearty base of lentils, swirls of fusilli, lashings of cashew nut cream cheese, and a kick of fresh chilli are gonna make your taste buds boogie!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

Veggie

Creation Wines | Creation Cabernet
Sauvignon, Merlot, Petit Verdot

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Ingredients & Prep

100g	Fusili Pasta
5ml	Vegetable Stock
1	Onion <i>peel & finely dice</i>
120g	Carrot <i>peel & grate</i>
50ml	White Wine
1	Garlic Clove <i>peel & grate</i>
10ml	NOMU Provençal Rub
3g	Fresh Basil <i>rinse, pick & roughly chop</i> <i>½</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely chop</i>
200ml	Tomato Passata
120g	Tinned Lentils <i>drain & rinse</i>
40ml	Cashew Nut Cream Cheese

From Your Kitchen

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

1. BOIL THE FUSILLI Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving a cup of pasta water, and return to the pot. Toss through a drizzle of olive oil.

2. FRY THE VEG Boil the kettle. Dilute the stock with 200ml of boiling water. Place a deep saucepan over medium-high heat with a drizzle of oil. When hot, fry the diced onion and the grated carrot until soft, 5-6 minutes (shifting occasionally). At the halfway mark, add the wine.

3. LUSCIOUS 'BOLOGNESE' SAUCE When the onion is soft, add the grated garlic, the NOMU rub, ½ the chopped basil, and ½ the chopped chilli (to taste) to the pan. Fry until fragrant, 1-2 minutes (shifting constantly). Stir in the tomato passata, the drained lentils, and the diluted stock. Bring to a boil, then reduce to low-medium heat. Simmer until reduced and sticky, 15-20 minutes (stirring occasionally).

4. ALMOST THERE If the sauce is too thick for your liking, loosen with the reserved pasta water in 10ml increments until the desired consistency. Add a sweetener (to taste) and season.

5. TIME TO DINE! Dish up a generous bowl of pasta and smother in the saucy lentil bolognese. Dollop over the cashew nut cream cheese and garnish with the remaining basil. Finish with a sprinkle of the remaining fresh chilli if you'd like some extra heat. Scrumptious, Chef!



Chef's Tip

Only stir the lentil bolognese every now and then while simmering. This helps it to thicken and become deliciously sticky!

Nutritional Information

Per 100g

Energy	530kj
Energy	127kcal
Protein	5.9g
Carbs	21g
of which sugars	3.8g
Fibre	4.2g
Fat	1.5g
of which saturated	0.3g
Sodium	131mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Alcohol

Eat
Within
4 Days