



# U C O O K

— COOKING MADE EASY

## GROOVY LENTIL BOLOGNESE

**with creamy feta, fresh chilli & gluten-free fusilli pasta**

Our gluten-free, veggie version of the much-loved classic, with the same sticky texture and rich, tomatoey flavour. A hearty base of lentils, twirls of fusilli, and a kick of creamy feta. Boogie on down to tasty town!

---

**Hands-On Time:** 20 minutes

**Overall Time:** 45 minutes

---

**Serves:** 2 People

---

**Chef:** Tess Witney

---



**Vegetarian**

---

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients & Prep

10ml	Vegetable Stock
1	Onion <i>peeled &amp; diced</i>
240g	Carrot <i>peeled &amp; grated or finely chopped</i>
2	Garlic Clove <i>peeled &amp; grated or finely chopped</i>
20ml	NOMU Provençal Rub
1	Fresh Chilli <i>deseeded &amp; finely chopped</i>
200g	Cooked Chopped Tomatoes
240g	Lentils <i>drained &amp; rinsed</i>
100ml	Sherry
250g	Gluten-Free Fusilli Pasta
80g	Danish-Style Feta <i>drained</i>
10g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

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

**1. BEFORE YOU GET GOING** Read the whole recipe. You'll find the ingredient prep instructions displayed in the ingredient list, directly under the item they apply to.

**2. 'BOLOGNESE' SAUCE** Boil the kettle. Dilute the stock with 200ml of boiling water. Place a deep saucepan over a medium-high heat with a drizzle of oil. When hot, fry the diced onion and grated carrot for 6-8 minutes until soft, shifting regularly. Add the grated garlic, Provençal Rub, and chopped chilli to taste. Fry for 1-2 minutes until fragrant, shifting constantly. Add the cooked chopped tomatoes, drained lentils, sherry, and diluted stock. Stir through and bring to the boil. Once boiling, reduce to a low-medium heat and simmer for 20-25 minutes until reduced and sticky, stirring occasionally.

**3. BOIL THE GLUTEN-FREE FUSILLI** When the sauce has 10 minutes to go, place a pot of salted water for the pasta over a high heat and bring to a rapid boil. Once boiling, cook the pasta for 8-10 minutes until al dente. Drain on completion, reserving ½ cup of pasta water. Toss the pasta through some olive oil to prevent sticking. Season to taste and set aside.

**4. ALMOST THERE** If the sauce is too thick on completion, extend it by mixing in the reserved pasta water in 20ml increments until the desired consistency. Stir through some seasoning and a sweetener of choice to taste (optional). Remove the pan from the heat.

**5. TIME TO ENJOY THIS WINTER WARMER!** Dish up a generous bowl of pasta and smother in the sticky lentil Bolognese. Crumble over the drained feta and garnish with the fresh, chopped parsley. Finish with a sprinkle of any remaining fresh chilli, if you'd like. Scrumptious, Chef!



## Chef's Tip

Lentils are a powerhouse of macro- and micro-nutrients: a perfect plant-based protein source! They are high in protein, as well as fiber and iron. Use lentils to bulk up soups, sauces, or curries for some extra health points.

## Nutritional Information

Per 100g

Energy	554kJ
Energy	132Kcal
Protein	5.7g
Carbs	21g
of which sugars	3.6g
Fibre	4.5g
Fat	2.2g
of which saturated	1.1g
Sodium	285mg

## Allergens

Dairy, Allium, Sulphites, Alcohol

Cook  
within  
4 Days