



# UCOOK

## Groovy Lentil Bolognese

**with creamy feta, fresh chilli & whole wheat fusilli pasta**

Our veggie version of a classic – with the same beloved sticky texture and rich, tomatoey flavour. A hearty base of lentils, twirls of fusilli, and a kick of creamy feta are gonna get your taste buds boogying!

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**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Tess Witney

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 Vegetarian

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 Lanzerac Estate | Syrah

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## Ingredients & Prep

10ml	Vegetable Stock
1	Onion <i>peeled &amp; diced</i>
240g	Carrot <i>peeled &amp; grated</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
20ml	NOMU Provençal Rub
1	Fresh Chilli <i>deseeded &amp; finely chopped</i>
200ml	Cooked Chopped Tomato
240g	Lentils <i>drained &amp; rinsed</i>
100ml	Sherry
250g	Whole Wheat Fusilli
80g	Danish-style Feta <i>drained</i>
10g	Fresh Parsley <i>rinsed, picked &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. 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 softened, shifting regularly.

**2. LUSCIOUS 'BOLOGNESE' SAUCE** On completion, mix in the grated garlic, Provençal Rub, and ½ of the chopped chilli to taste. Fry for 1-2 minutes until fragrant, shifting constantly. Stir in the cooked chopped tomato, drained lentils, sherry, and diluted stock. Bring to the boil, then reduce to a low-medium heat. Simmer for 20-25 minutes until reduced and sticky, stirring occasionally.

**3. BOIL THE FUSILLI** When the sauce reaches the halfway mark, place a pot of salted water over a high heat and bring to the boil. Once bubbling rapidly, cook the pasta for 13-15 minutes until al dente. Drain on completion, reserving 1 cup of pasta water. Return to the pot and toss through some olive oil to prevent sticking. Pop on a lid and set aside for serving.

**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. ENJOY THIS WONDERFUL WARMER** Dish up generous bowls of pasta and smother in sticky lentil Bolognese. Crumble over the drained feta and garnish with the chopped parsley. Finish with a sprinkle of the remaining fresh chilli if you'd like some extra heat. Scrumptious, Chef!



## Chef's Tip

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

## Nutritional Information

Per 100g

Energy	681kJ
Energy	163Kcal
Protein	7.2g
Carbs	26g
of which sugars	4.2g
Fibre	5.6g
Fat	2.3g
of which saturated	1.2g
Sodium	222mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook  
within  
4 Days