



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, twirls of linguine, and sprinklings of nutritional yeast, are gonna get your taste buds dancing the boogie!

Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Thea Richter

 Vegetarian

 Fat Bastard | The Golden Reserve

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

Ingredients & Prep

2	Onions <i>peeled & roughly diced</i>
480g	Carrot <i>trimmed, peeled (optional) & grated</i>
125ml	Red Wine
4	Garlic Cloves <i>peeled & grated</i>
20ml	NOMU Provençal Rub
40ml	Tomato Paste
800g	Cooked Chopped Tomato
480g	Lentils <i>drained & rinsed</i>
400g	Linguine Pasta
40ml	Nutritional Yeast
10g	Fresh Basil <i>rinsed & 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 8-10 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 2-3 minutes until fragrant, shifting constantly. Stir in the cooked chopped tomato, drained lentils, and 300ml of boiling water. Bring to the boil, then reduce to a low-medium heat. Simmer for 25-30 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