



UCCOOK

Mushroom & Lentil Veggie Fritter Soup

with a creamy tomato sauce

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Muratie Wine Estate | Muratie Laurens
Campher Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	577kJ	3710kJ
Energy	138kcal	887kcal
Protein	4.8g	30.8g
Carbs	19g	123g
of which sugars	3.7g	23.5g
Fibre	3.3g	21.1g
Fat	4.5g	28.7g
of which saturated	1.9g	12.1g
Sodium	133mg	854mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites,
Tree Nuts

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & roughly dice</i>
3g	5g	Fresh Thyme <i>rinse</i>
100g	200g	Button Mushrooms <i>wipe clean & roughly chop</i>
60g	120g	Tinned Lentils <i>drain & rinse</i>
10g	20g	Walnuts <i>roughly chop</i>
70ml	140ml	Binding Mix <i>(20ml [40ml] Cake Flour & 50ml [100ml] Panko Breadcrumbs)</i>
1	2	Naan Bread/s
1	1	Garlic Clove <i>peel & grate</i>
5ml	10ml	NOMU Italian Rub
150ml	300ml	Tomato Passata
3g	5g	Fresh Chives <i>rinse & roughly chop</i>
50ml	100ml	Fresh Cream

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Blender
Paper Towel

1. PERFECT VEGGIE PATTIES Add half the onion, thyme, and mushrooms to a food processor or blender. Pulse until everything has been chopped well but not too finely (don't over-blend - it doesn't need to be smooth!). Transfer the mixture into a bowl, add the lentils, the walnuts and the binding mix. Season well and mix to combine. Wet your hands slightly to prevent the mixture from sticking to them and form the mixture into 5-6 veggie balls *[(per portion)]*, about 1cm thick.

2. NAAN CAN COMPARE Place a pan over medium heat. When hot, toast the naan until golden, 1-2 minutes per side. Cut them in half and set aside.

3. RICH TOMATO SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the remaining onion until golden, 4-5 minutes (shifting occasionally). In the last 1-2 minutes, add the garlic and the NOMU rub. Add the cooked tomato passata and 150ml *[300]* of water and let the sauce simmer until slightly reduced, 10-12 minutes. Remove the pan from the heat, add ½ the chives, the cream, a sweetener (to taste) and seasoning.

4. FRY THE PATTIES Place a nonstick pan over medium-high heat with enough oil to cover the base. When hot, fry the patties for 2-3 minutes per side until browned and crispy. Remove from the pan on completion and set aside to drain on some paper towel.

5. SOUP'S UP Bowl up a generous portion of the soup. Top with the veggie fritters and the remaining chives. Side with the naan bread. Enjoy, Chef!