



QCOOK

Groovy Lentil Bolognese

with cashew nut cream cheese, fresh chilli & fusilli pasta

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Delheim Wines | Delheim Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	544kj	4372kj
Energy	130kcal	1046kcal
Protein	5.8g	46.9g
Carbs	21g	170g
of which sugars	4.2g	33.6g
Fibre	4.9g	39.1g
Fat	1.9g	14.9g
of which saturated	0.3g	2.7g
Sodium	165mg	1327mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
5ml	10ml	Vegetable Stock
1	1	Onion <i>peel & roughly dice ½ [1]</i>
120g	240g	Carrot <i>rinse, trim, peel & grate</i>
30ml	60ml	Sherry Alcohol
1	2	Garlic Clove/s <i>peel & grate</i>
10ml	20ml	NOMU Italian Rub
3g	5g	Fresh Oregano <i>rinse & pick</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
200ml	400ml	Tomato Passata
120g	240g	Tinned Lentils <i>drain & rinse</i>
100g	200g	Fusilli Pasta
50ml	100ml	Cashew Nut Cream Cheese

From Your Kitchen

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

1. FRY THE VEG Boil the kettle. Dilute the stock with 200ml [300ml] of boiling water. Place a deep saucepan over a medium-high heat with a drizzle of oil. When hot, fry the onion and carrot for 5-6 [6-8] minutes until softened, shifting regularly. At the halfway mark, add the sherry.

2. LUSCIOUS 'BOLOGNESE' SAUCE When the onion is soft, add the garlic, the NOMU rub, ½ the oregano and ½ of the chilli (to taste) to the pan. Fry for 1-2 minutes until fragrant, shifting constantly. Stir in the tomato passata, the lentils, and the diluted stock. Bring to the boil, then reduce to a low-medium heat. Simmer for 15-20 [20-25] minutes until reduced and sticky, stirring occasionally.

3. BOIL THE FUSILLI Fill a pot with boiling water, add a pinch of salt, and place over a high heat. Once bubbling rapidly, add a drizzle of oil and cook the pasta for 8-10 minutes until al dente. Drain, reserving a cup of pasta water, return to the pot, and toss through some oil to prevent sticking.

4. ALMOST THERE If the sauce is too thick, loosen by mixing in the reserved pasta water in 10ml increments until the desired consistency. Season, and add a sweetener (to taste). Remove the pan from the heat.

5. ENJOY THIS WONDERFUL WARMER Dish up a generous bowl of pasta and smother in the saucy lentil bolognese. Dollop over cashew cream cheese and garnish with the remaining oregano. 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!