



U C O O K

— COOKING MADE EASY

GROOVY LENTIL BOLOGNESE

with whole wheat pasta, feta & fresh chilli

A veggie version of the much-loved classic, with the same rich, sticky, tomatoey texture. Nutrient-packed lentils, hearty wholewheat pasta, and a kick of creamy feta – boogie on down to tasty town.

Prep + Active Time: 20 minutes

Total Cooking Time: 35 minutes

 **Serves:** 1 person

 **Chef:** Tess Witney

 **Vegetarian**

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Ingredients

5ml	Vegetable Stock
1	Onion <i>one half peeled & diced</i>
120g	Carrots <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
1	Chilli <i>deseeded & finely chopped</i>
100g	Cooked Chopped Tomatoes
120g	Lentils <i>drained & rinsed</i>
50ml	Sherry
10ml	NOMU Provençal Rub
125g	Wholewheat Fusilli
40g	Danish Feta <i>drained</i>
5g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

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



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!

1. BEFORE YOU GET GOING

Read through the whole recipe. Remember, the prep instructions are now displayed in the ingredient list, directly under the item they apply to. So, you have the option to do all your prep at once before you start cooking, or bit by bit as you go through the recipe!

2. STOCK UP

Boil the kettle. Dilute the stock with 50ml of boiling water.

3. 'BOLOGNESE' SAUCE

Place a deep pan over a medium-high heat with a drizzle of oil. When hot, fry the chopped onion and grated carrot for 6-8 minutes until tender. Add the grated garlic and chopped chilli to taste and fry for 1-2 minutes until fragrant. Add the cooked chopped tomatoes, drained lentils, and diluted stock. Stir in the sherry (optional) and Provençal Rub and bring to the boil. Once boiling, reduce to a low-medium heat and simmer for 15-20 minutes until reduced and sticky. Give it a stir every 5-10 minutes. If it becomes too thick, slowly add water in 20ml increments.

4. FUSILLI PASTA

While the sauce is simmering, 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 and toss through some olive oil to prevent sticking.

5. ALMOST THERE

When the sauce is nearing completion, add seasoning and a sweetener of choice to taste. Remove the pan from the heat.

6. INDULGE!

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 chopped parsley. Finish with some remaining fresh chilli, if you like. Scrumptious, Chef!

Nutritional Information

Per 100g

Energy (kj)	782
Energy (kcal)	187
Protein	9
Carbs	26
of which sugars	4
Fibre	7
Fat	2
of which saturated	1
Salt	1

Cook within: 4 days

Allergens: Gluten Dairy Allium Wheat Sulphites Alcohol



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