



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, swirls of fusilli, and a kick of creamy feta are gonna get your taste buds boogying!

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Tess Witney

 Vegetarian

 Lanzerac Estate | Syrah

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Ingredients & Prep

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