



U C O O K

— COOKING MADE EASY

GROOVY LENTIL BOLOGNESE

with creamy feta, fresh chilli & gluten-free fusilli pasta

Our gluten-free, veggie version of the much-loved classic, with the same sticky texture and rich, tomatoey flavour. A hearty base of lentils, twirls of fusilli, and a kick of creamy feta. Boogie on down to tasty town!

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

 **Vegetarian**

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Ingredients & Prep

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

From Your Kitchen

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

1. BEFORE YOU GET GOING Read the whole recipe. You'll find the ingredient prep instructions displayed in the ingredient list, directly under the item they apply to.

2. 'BOLOGNESE' SAUCE Boil the kettle. Dilute the stock with 100ml 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 5-6 minutes until soft, shifting regularly. Add the grated garlic, Provençal Rub, and half of the chopped chilli to taste. Fry for 1-2 minutes until fragrant, shifting constantly. Add the cooked chopped tomatoes, drained lentils, sherry, and diluted stock. Stir through and bring to the boil. Once boiling, reduce to a low-medium heat and simmer for 15-20 minutes until reduced and sticky, stirring occasionally.

3. BOIL THE GLUTEN-FREE FUSILLI When the sauce has 10 minutes to go, place a pot of salted water for the pasta over a high heat and bring to a rapid boil. Once boiling, cook the pasta for 8-10 minutes until al dente. Drain on completion, reserving ½ cup of pasta water. Toss the pasta through some olive oil to prevent sticking. Season to taste and set aside.

4. ALMOST THERE If the sauce is too thick on completion, extend it by mixing in the reserved pasta water in 20ml increments until the desired consistency. Stir through some seasoning and a sweetener of choice to taste (optional). Remove the pan from the heat.

5. 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 fresh, chopped parsley. Finish with a sprinkle of any remaining fresh chilli, if you'd like. Scrumptious, Chef!



Chef's Tip

Lentils are a powerhouse of macro- and micro-nutrients: a perfect plant-based protein source! They are high in protein, as well as fiber and iron. Use lentils to bulk up soups, sauces, or curries for some extra health points.

Nutritional Information

Per 100g

Energy	554kJ
Energy	132Kcal
Protein	5.7g
Carbs	21g
of which sugars	3.6g
Fibre	4.5g
Fat	2.2g
of which saturated	1.1g
Sodium	285mg

Allergens

Dairy, Allium, Sulphites, Alcohol

Cook
within
4 Days