



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: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

 Vegetarian

 Lanzerac Estate | Syrah

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Ingredients & Prep

5ml	Vegetable Stock
1	Onion <i>one ½ peeled & diced</i>
120g	Carrot <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	NOMU Provençal Rub
1	Fresh Chilli <i>deseeded & finely chopped</i>
100ml	Cooked Chopped Tomato
120g	Lentils <i>drained & rinsed</i>
50ml	Sherry
125g	Whole Wheat Fusilli
40g	Danish-style Feta <i>drained</i>
5g	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 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 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 15-20 minutes until reduced and sticky, stirring occasionally.

3. BOIL THE FUSILLI After about 5 minutes, 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 ½ a 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 a generous bowl 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