



UCCOOK

Groovy Lentil Bolognese

with cashew nut cream cheese, fresh chilli & fusilli pasta

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Waterford Estate | Waterford Grenache Noir

Nutritional Info

	Per 100g	Per Portion
Energy	530kj	4264kj
Energy	127kcal	1019kcal
Protein	5.9g	47.1g
Carbs	21g	173g
of which sugars	3.8g	30.7g
Fibre	4.2g	33.6g
Fat	1.5g	11.9g
of which saturated	0.3g	2g
Sodium	131mg	1050mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Fusili Pasta
15ml	20ml	Vegetable Stock
2	2	Onions <i>peel & finely dice</i>
360g	480g	Carrot <i>peel & grate</i>
150ml	200ml	White Wine
3	4	Garlic Cloves <i>peel & grate</i>
30ml	40ml	NOMU Provençal Rub
8g	10g	Fresh Basil <i>rinse, pick & roughly chop ½</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely chop</i>
600ml	800ml	Tomato Passata
360g	480g	Tinned Lentils <i>drain & rinse</i>
125ml	160ml	Cashew Nut Cream Cheese

From Your Kitchen

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

1. BOIL THE FUSILLI Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving a cup of pasta water, and return to the pot. Toss through a drizzle of olive oil.

2. FRY THE VEG Boil the kettle. Dilute the stock with 400ml [500ml] of boiling water. Place a deep saucepan over medium-high heat with a drizzle of oil. When hot, fry the onion and the carrot until soft, 8-10 minutes (shifting occasionally). At the halfway mark, add the wine.

3. LUSCIOUS 'BOLOGNESE' SAUCE When the onion is soft, add the garlic, the NOMU rub, ½ the basil, and ½ the chilli (to taste) to the pan. Fry until fragrant, 1-2 minutes (shifting constantly). Stir in the tomato passata, the lentils, and the stock. Bring to a boil, then reduce to low-medium heat. Simmer until reduced and sticky, 25-30 minutes (stirring occasionally).

4. ALMOST THERE If the sauce is too thick for your liking, loosen with the reserved pasta water in 10ml increments until the desired consistency. Add a sweetener (to taste) and season.

5. TIME TO DINE! Dish up a generous bowl of pasta and smother in the saucy lentil bolognese. Dollop over the cashew nut cream cheese and garnish with the remaining basil. 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!