

Printfid00300hero lentilvegeragu 325 badge

Lentil and Vegetable Ragu



30-40min



4 Portions

For a hearty, meat-free winner, this is hard to beat! Super-simple and protein-rich thanks to the lentils, it has a gorgeous rich flavour from the tomato stock and thyme. Served with a generous sprinkle of amazing smoked cheddar, this is a gourmet meal, perfect for casual entertaining.

What we send

- mixed salad leaves
- tomato stock concentrate
- spaghetti ¹
- thyme, basil, 2 garlic cloves, Celery
- can red lentils
- smoked cheddar ⁷
- zucchini
- carrots
- onion

What you'll require

- olive oil
- salt and pepper
- white wine vinegar ¹⁷

Utensils

- sieve

Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

If you think your kids may be fussy about the veggies, use a stick blender to puree at the end of Step 2.

Allergens

Gluten (1), Milk (7), Sulphites (17).
May contain traces of other allergens.

Nutrition per serving

Energy 600.0kcal, Fat 14.8g, Proteins 23.8g, Carbs 87.1g



1. Prepare ingredients

Bring a large saucepan of **salted water** to the boil for the pasta. Bring a kettle of **water** to the boil for the stock. Finely chop the **onion, garlic** and **carrot**. Thinly slice the **celery**. Coarsely grate the **zucchini**. Drain and rinse the **lentils**.



4. Grate cheese

Meanwhile, coarsely grate the **cheese**. Coarsely tear the **basil leaves** (discard stems).



2. Start cooking ragu

Heat 2 tbs **oil** in a large saucepan or deep frypan over medium heat. Cook the **onion, garlic, celery, carrot** and **zucchini**, stirring occasionally, for 10 mins or until softened. Dissolve the **tomato stock concentrate** in 1 cup (250ml) **boiling water** (see cooking tip).



5. Cook spaghetti

Cook $\frac{2}{3}$ of the **spaghetti** (save remaining for another use) in the pan of boiling water for 10-12 mins until al dente. Drain and keep warm.



3. Add lentils

Add the **lentils, tomato stock** and **thyme sprigs** and bring to the boil. Reduce heat to low and simmer, covered, for 10 mins or until sauce has thickened.



6. Get ready to serve

Stir the **ragu** and simmer, uncovered, for a further 5 mins or until the liquid is absorbed. Season with **sea salt and pepper**. Discard the **thyme stalks**. Divide the **spaghetti** between bowls and top with the ragu. Sprinkle with **cheese** and **basil**. Serve with **mixed leaves** drizzled with 1 tbs **oil** and 2 tsp **white wine vinegar**.