



Lentil Ragu Linguine

with fresh basil and grated cheese

Veggie 20-25 mins

9



Dried Linguine



Lentils



Carrot



Chopped Tomato with Onion & Garlic



Italian Herbs



Grated Cheddar



Worcester Sauce



Basil

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Colander, Pan with Lid

Ingredients

	2P	4P
Dried Linguine	180 g	360 g
Lentils	1 pack	2 packs
Carrot	1 unit	2 units
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Italian Herbs	½ sachet	1 sachet
Grated Cheddar	100 g	200 g
Worcester Sauce	1 sachet	2 sachets
Basil	10 g	20 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	626 g	100 g
Energy (kJ/kcal)	3517.7 kJ/ 840.7 kcal	561.9 kJ/ 134.3 kcal
Fat (g)	22.1 g	3.5 g
Sat. Fat (g)	12.5 g	2 g
Carbohydrate (g)	108 g	17.3 g
Sugars (g)	33.1 g	5.3 g
Protein (g)	30.6 g	4.9 g
Salt (g)	5.6 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



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Cook the Pasta

- Boil a large pot of **salted water** for the **linguine**.
- When boiling, add 180g **linguine** (double for 4p) to the **water** and bring back to the boil.
- Cook until softened, 12 mins. Once cooked, drain in a colander and pop back in the pot.
- Drizzle with **oil** and stir through to stop it sticking together.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Finish and Serve

- Carefully toss the **pasta** in the sauce.
- Dish up hearty helpings of **lentil ragu linguine**.
- Garnish with remaining **cheese** and torn **basil**.

Enjoy!



Get Prepped

- Meanwhile, trim the **carrot**, then coarsely grate (no need to peel).
- Drain and rinse the **lentils**.
- Roughly tear the **basil** leaves.



Make the Ragu

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Add the **carrot** and half the dried **Italian herbs** (double for 4p). Fry until tender, 4-5 mins.
- Stir in the **chopped tomato**, **Worcester sauce** and half the torn **basil**.
- Season with **salt**, **pepper** and 1 tsp **sugar** (double for 4p) then cover and simmer for 6-8 mins, until slightly reduced.
- Add the **lentils** and half the **cheese** and cook for 2-3 mins. Season to taste with **salt** and **pepper**.