

Lentil Ragu Linguine with fresh parsley and cheesy topping

Veggie Quick Cook 20-25 mins









Dried Linguine

Lenti





Carrot

Chopped Tomato with Onion & Garlic





Italian Herbs

Grated Cheese

Parsley





Worcester Sauce

Sauce

Hello Muscat

Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander, grater, 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 Cheese	100 g	200 g
Worcester Sauce	1 sachet	2 sachets
Parsley	5 g	10 g
Hello Muscat	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	628.5 g	100 g
Energy (kJ/kcal)	3539.7 kJ/ 846 kcal	563.2 kJ/ 134.6 kcal
Fat (g)	22.3 g	3.5 g
Sat. Fat (g)	12.6 g	2 g
Carbohydrate (g)	108.7 g	17.3 g
Sugars (g)	33.4 g	5.3 g
Protein (g)	46.2 g	7.4 g
Salt (g)	6.8 g	1.1 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual

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



Cook the Pasta

- Boil a large pot of salted water for the linguine.
- When boiling, add the linguine 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 prevent sticking.

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



Finish and Serve

- Carefully toss the **pasta** in the sauce (adding a splash of water to loosen if required).
- Dish up hearty helpings of lentil ragu linguine.
- · Garnish with remaining cheese and parsley.

Enjoy!



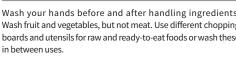
Get Prepped

- Meanwhile, trim the carrot then coarsely grate (no need to peel).
- · Drain and rinse the lentils.
- Roughly chop the **parsley** (stalks and all).



Make the Ragu

- Place a large pan over medium-high heat with a drizzle of oil.
- Add carrot and half the dried Italian herbs (double for 4p). Fry until tender, 4-5 mins.
- Stir in 50ml water (double for 4p), muscat, chopped tomatoes, Worcester sauce and half the parsley.
- Season with salt, pepper and 1 tsp sugar (double for 4p). Cover and simmer until slightly reduced, 6-8 mins.
- Add lentils and half the cheese. Cook for 2-3 mins. Season to taste with salt and pepper.



Contact

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