



Lentil Ragu Linguine

with fresh parsley and cheesy topping

Veggie Quick Cook 20-25 mins

8



Dried Linguine



Lentils



Carrot



Chopped Tomato
with Onion & Garlic



Italian Herbs



Grated Cheese



Worcester Sauce



Parsley



Hello Muscat

Pantry Items: Oil, Salt, Pepper, Sugar, Water

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 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

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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 your 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**.