



Everything But The Chef

hello@hellofresh.com.au | 02 81 888 722

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Lentil Rigatoni Bolognese

Lentils are a nutritional powerhouse, high in fibre and fat free. Enjoy this trip back to the old country with this perfectly hearty pasta that's as comforting as a hug from Nonna in the kitchen, or a familiar glass of good red wine.



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 1



veggie



3 pantry items



Brown Onion



Celery



Carrot



Zucchini



Garlic



Diced Tomatoes



Lentils



Tomato Paste



Parsley



Rigatoni Pasta



Parmesan Cheese

2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
1	2	brown onion, finely chopped
1 stalk	2 stalks	celery, finely chopped
1	2	carrot, peeled & finely chopped
1	2	zucchini, grated
1	2	garlic cloves, peeled & crushed
1 tin	2 tins	diced tomatoes
1 tbs	2 tbs	red wine *
1 tin	2 tins	lentils, drained & rinsed
1 tbs	2 tbs	tomato paste
1 tsp	2 tsp	sugar *
2 tbs	4 tbs	finely chopped parsley
200 g	400 g	Rigatoni pasta
25 g	50 g	Parmesan cheese, finely grated

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2890	Kj
Protein	27.7	g
Fat, total	16.1	g
-saturated	4	g
Carbohydrate	98.3	g
-sugars	16.8	g
Sodium	271	mg

Measuretool

0 cm	1 cm	2 cm



1 Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **brown onion, celery, carrot,** and **zucchini** and cook, stirring, for **7-8 minutes** or until soft. Add the **garlic** and cook for a further **1 minute** or until fragrant. Add the **diced tomatoes** and **red wine** and bring to the boil. Stir through the **lentils, tomato paste,** and **sugar**. Cover with a lid and simmer over a medium-low heat for **10 minutes**. Remove the lid, and cook uncovered for a further **5 minutes**. Stir through half of the **parsley**. Season to taste with **salt** and **pepper**.



2 Meanwhile, bring a pot of salted water to the boil. Add the **rigatoni** to the boiling water and cook for approximately **10 minutes** or until al dente, stirring regularly to ensure the rigatoni does not stick. Drain. Stir the lentil bolognese sauce through the rigatoni.



3 To serve, divide the Lentil Rigatoni Bolognese between bowls. Sprinkle with the remaining parsley and the finely grated **Parmesan cheese**.



Did you know? Rigatoni was the muse for a series of 1980s commercials for Barilla by the famous Italian director, Federico Fellini.