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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





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	Α
1	2	carrot, peeled & finely chopped	1
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	4
200 g	400 g	Rigatoni pasta	J.
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

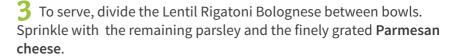
) cm	1cm	2 cm
1		



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.







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