

TASTING, SAMPLING AND SHARING

with friends

PASTA WITH LENTIL RAGU



Serves 6 Prep 15mins
Cooking time approx 1 hour

Ingredients:

3 tbsp olive oil
2 onions, finely chopped
3 celery sticks, finely chopped
3 garlic cloves, crushed
500g bag dried red lentils
2x400g cans chopped tomatoes
2 tbsp tomato puree
2 tsp each dried oregano and thyme
3 bay leaves
1 litre (1.75pints) vegetable stock
Seasoning
500g/1lb 2oz spaghetti
Parmesan or vegetarian cheese, grated, to serve

Method:

Heat the oil in a large saucepan and add the onions, carrots, celery and garlic. Cook gently for 15-20 mins until everything is softened. Stir in the lentils, chopped tomatoes, tomato puree, herbs and stock. Bring to a simmer, then cook for 40-50 mins until the lentils are tender and saucy – splash in water if you need. Season. Remove bay leaves before serving.

If eating straight away, keep on a low heat while you cook the spaghetti, following pack instructions. Drain well, divide between pasta bowls or plates, spoon sauce over the top and grate over some cheese. Alternatively, cool the sauce and chill for up to 3 days, or freeze for up to 3 months. Simply defrost portions overnight at room temperature, then reheat gently to serve.