



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



Hello Muscat



Parsley

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



Rate your recipe!

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
Hello Muscat	1 sachet	2 sachets
Parsley	5 g	10 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	626 g	100 g
Energy (kJ/kcal)	3539.7 kJ/ 846 kcal	565.4 kJ/ 135.1 kcal
Fat (g)	22.5 g	3.6 g
Sat. Fat (g)	12.6 g	2 g
Carbohydrate (g)	108.7 g	17.4 g
Sugars (g)	33.4 g	5.3 g
Protein (g)	46.1 g	7.4 g
Salt (g)	6.7 g	1.1 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

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

Share your creations with #HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



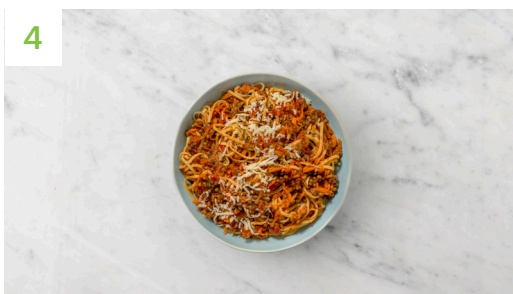
You can recycle me!



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, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.

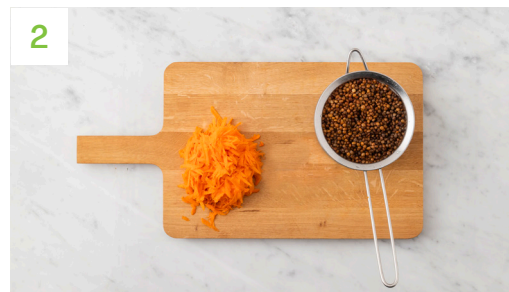
TIP: If you're in a hurry you can boil the water in your kettle.



Finish and Serve

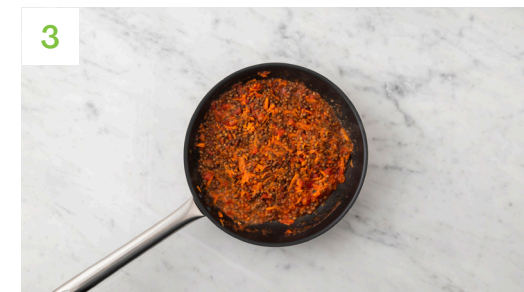
- Loosen the sauce with a splash of **water** if necessary. Season to taste with **salt** and **pepper**.
- Once the sauce is your desired consistency, add the **pasta** and toss to coat.
- Dish up hearty helpings of **lentil ragu linguine**.
- Garnish with remaining **cheese** and remaining **parsley**.

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 the **carrot** and **half** the **Italian herbs** (double for 4p). Cook, stirring, 4-5 mins.
- Add 50ml **water** (double for 4p), **muscat**, **chopped tomatoes**, **Worcester sauce**, **lentils** and **half** the **parsley**.
- Season with **salt**, **pepper** and 1 tsp **sugar** (double for 4p). Cover and simmer until slightly reduced, 6-8 mins.
- Stir in a knob of **butter** and **half** the **cheese**. Cook for 2-3 mins.