



Lentil Ragu Linguine

with mushrooms and parsley garnish

20 – 25 mins • Veggie • Optional spice

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Dried Linguine



Lentils



Chopped Tomato with Onion & Garlic



Italian Herbs



Grated Cheese



Worcester Sauce



Hello Muscat



Parsley



Creme Fraiche



Mushrooms



Garlic



Dried Chilli Flakes

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

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Colander, grater, pan with lid

Ingredients

	2P	4P
Dried Linguine	180 g	360 g
Lentils	1 pack	2 packs
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Italian Herbs	½ sachet	1 sachet
Grated Cheese	50 g	100 g
Worcester Sauce	1 sachet	2 sachets
Hello Muscat	1 sachet	2 sachets
Parsley	5 g	10 g
Creme Fraiche	110 g	220 g
Mushrooms	150 g	250 g
Garlic	1 unit	2 units
Dried Chilli Flakes	1 sachet	1 sachet

Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	556 kJ/ 133 kcal
Fat (g)	4.1 g
Sat. Fat (g)	2.3 g
Carbohydrate (g)	16.5 g
Sugars (g)	5 g
Protein (g)	6.5 g
Salt (g)	0.9 g

See site or app for detailed nutritional info.

Allergens

For allergen information please refer to the website or individual ingredient labels.

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



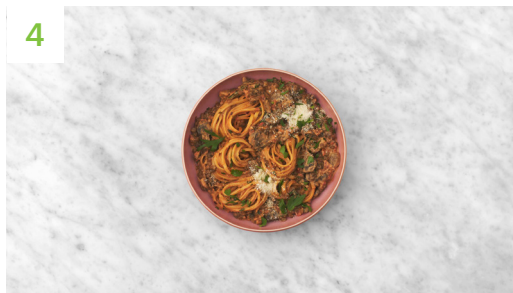
You can recycle me!



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, 10-12 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.
- Once the sauce is your desired consistency, add the **pasta** and toss to coat. Season to taste with **salt** and **pepper**.
- Dish up hearty helpings of **lentil ragu linguine**.
- Garnish with a sprinkling of the remaining **cheese** and **parsley**.

Enjoy!



Get Prepped

- Meanwhile, roughly chop the **mushrooms**.
- Drain and rinse the **lentils**.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **parsley** (stalks and all).



Make the Ragu

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Add **mushrooms, lentils, garlic** and **half** a sachet of **Italian herbs** (per 2P). Fry, stirring, 4-5 mins. Season with **salt** and **pepper**.
- Add **chilli flakes** (use less if you don't like spice), **muscat, chopped tomato, Worcester sauce, creme fraiche** and ½ tsp **sugar** (per 2P).
- Cover and cook until slightly reduced, 6-8 mins.
- Stir in a knob of **butter, half the parsley** and **half the cheese**.