

# Spaghetti Bolognese Arrabiata

Cook Time: 35 mins



## Ingredients & Preparation

- **Onion** - finely diced
- **Pepper** – deseeded & finely chopped
- **Chilli** - finely diced
- **2 Garlic cloves** - finely chopped
- **Speckled Lentils**
- **Tomato passata**
- **Italian Herbs**
- **Vegetable Stock Cube** – dissolved in a little hot water
- **Spaghetti Pasta**
- **Vegetarian Parmesan Cheese**



## Cooking Instructions

Required: oil for frying

1. Add the **lentils** to a small saucepan and cover with approx. 600ml of boiling water. Simmer for 25 mins then drain.
2. Heat 2 tablespoons of vegetable oil in a large frying pan, fry the **red pepper** & the **onion** for 6 minutes or until soft. Next add the **chilli pepper** and the **garlic** and continue to fry for another 4 minutes. Now add the cooked lentils, **jar of passata** and **Italian herbs** and the dissolved **stock cube**. Continue to cook on a medium heat stirring occasionally and reduce to a thick sauce. If the sauce is too thick or begins to dry out, add a ladle of the pasta water and stir in.
3. Take a large saucepan and half fill with boiling water, add a tablespoon of oil. When the water is boiling add the **pasta** and place the lid on the pan & cook for 10 to 12 minutes until tender then drain.
4. Take the drained pasta and add it to the frying pan and stir into the Bolognese sauce.
5. To service place a portion of the pasta into a dish and top with the grated **parmesan cheese**



## Nutritional Information

### Nutrition information typical values

Nutrient:	per 100g	per serving (450g)
Energy	452kJ / 107kcal	2032kJ / 484kcal
Fat	3.7g	17g
of which saturates	1g	4.4g
Carbohydrate	12g	56g
of which sugars	5g	22g
Protein	3.9g	18g
Salt	0.38g	1.7g

### Spaghetti Bolognese

#### DIETARY & ALLERGEN INFORMATION:

**CONTAINS** Wheat, Milk, Celery, Soya  
**MAY CONTAIN** Eggs

Made in a facility that also handles: celery, cereals containing gluten, egg, lupin, milk, mustard, nuts, peanuts, sesame seeds, soya, sulphites.

For More Information  
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