



LENTIL BOLOGNESE

SERVES 2 OR 4

TIME: 45 MIN

CALORIES: 820/SERVING



This meal is perfect for meat-lovers and plant food aficionados alike. It's hearty, comforting and perfect for when you're craving something warm and healthy. Full of energizing and satisfying plant protein and carbs, this lentil bolognese is a true crowd pleaser!

WHAT YOU'LL NEED

- Strainer
- Large pot
- Medium pot
- Oil
- Salt



WHAT'S INSIDE 2 servings 4 servings

Pasta	200 g	400 g
Lentils	1/2 cup	1 cup
Cremini mushrooms	1 cup	2 cups
Carrot	1	2
Shallots	2	4
Garlic	2 cloves	4 cloves
Spice Mix	1.5 tsp	3 tsp
Tomato base	2 cups	4 cups
Vegan parmesan	2 tbsp	1/4 cup

Nutrition Facts		Valeur nutritive	
Per Serving (578 g)			
pour 1 (578 g)			
Calories 820		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 15 g			20 %
Saturated / saturés 2.0 g			10 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 137 g			
Fibre / Fibres 27 g			96 %
Sugars / Sucres 21 g			21 %
Protein / Protéines 34 g			
Cholesterol / Cholestérol 5 mg			2 %
Sodium 1150 mg			50 %
Potassium 1950 mg			41 %
Calcium 175 mg			13 %
Iron / Fer 8.5 mg			47 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			

OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Prep ingredients: Finely dice the **shallots**, mince the **garlic**, finely dice the **mushrooms**, peel and finely dice the **carrot**, and rinse the **lentils**.



Add 1 tbsp of **oil** (2 tbsp for 4 servings) to a medium-sized pot over medium heat. Once the oil is hot, add the **shallots** and **garlic**, and cook until fragrant, about 2-3 minutes. Add the **mushrooms**, **carrots**, **spices**, and season with **salt** and **pepper**. Cook until the **carrots** are tender and **mushrooms** begin to crisp.



Mix in the **tomato base**, **lentils** and 1.5 cups of **water** (3 cups for 4 servings). Bring the mixture to a boil, then cover with a lid and lower to a simmer for 25-30 minutes, until the **lentils** are cooked, stirring occasionally.



Meanwhile, bring a large pot of **water** to boil and season with **salt**. Add the **pasta** and cook until al dente, about 7-10 minutes. Drain the pasta, reserving **1/2 cup of pasta water** (1 cup for 4 servings).



Add the **cooked pasta** to the **finished sauce** along with the **reserved pasta water**. Turn heat to medium and use tongs or a fork to toss until thoroughly coated.



Divide **pasta** between bowls and top with **vegan parmesan**.