



FAST. EASY. FRESH.

ROASTED EGGPLANT AND LENTIL BOLOGNESE WITH ROTINI

1. Start by bringing a large pot of salted water on to boil and preheating your oven to 400°F. Place a kettle of water onto boil. Once your pot of water is boiling, add the **rotini** and cook for 10 minutes, or until al dente. Drain and set aside.

2. Meanwhile, prep your veggies. Cut the **eggplants** into very small cubes, about ½-inch in size. Place in a large bowl and toss with 2 Tbsp. **olive oil** and a good pinch of **salt** and **pepper**. Spread onto a parchment-lined baking sheet and roast for 20 minutes until soft. Finely dice the **onion**.

3. Next, heat 2 Tbsp. **olive oil** in a large pot or Dutch-oven over medium heat. Add the **onion** and a pinch of **salt** and cook for 5-10 minutes until soft and lightly browned. Add the **Mixed Spices** (**garlic powder**, **paprika**, and **cumin**) and cook for 1 minute longer.

4. Next, add the **lentils**, **boiling water**, and **vegetable bouillon** and season with **salt** and **pepper** to taste. Bring the mixture to a boil, then reduce the heat and let simmer for 10-15 minutes until most of the water has been absorbed and the lentils are softening.

5. Add the **diced tomatoes** and **tomato paste** and cook for a further 30 minutes, or until the lentils are soft. Add the **eggplant** as soon as it's finish roasting and a bit more water if the sauce is getting to dry for your liking.

6. To serve, spoon the **rotini** into dishes and top with your Bolognese and garnish with **nutritional yeast**. Enjoy!

Ingredients (4 Servings – 927 Calories Per Serving)

Eggplants	2
Olive Oil	4 Tbsp.
Yellow Onion	1
Garlic Powder	1 tsp.
Paprika	2 tsp.
Ground Cumin	2 tsp.
Dried Green Lentils	1 ½ Cups

Boiling Water	3 Cups
Vegetable Bouillon	2 Cubes
Diced Tomatoes	1 796 ml Can
Tomato Paste	4 Tbsp.
Rotini	450 g
Nutritional Yeast	½ Cup
Salt and Pepper	To taste



45 Minute
Cook
Time!