

# DINNERLY



## Veggie Spaghetti Ragu

Cook Once, Serve More!



30 minutes



4 Servings

Serve up more with our Feed A Crowd recipes! Using more hearty ingredients like filling carbs, proteins and veggies, you can satisfy extra hungry tummies or keep something for tomorrow's lunch. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.



## WHAT WE SEND

- 2 garlic cloves
- 2 carrots
- 2 zucchini
- 2 x 50g parmesan <sup>2</sup>
- 380g lentils
- 2 x 250g spaghetti <sup>1,4</sup>
- 10g Tuscan seasoning <sup>3</sup>
- 50g tomato paste
- 400g diced tomatoes

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- 1 tbs olive oil
- 2 tsp sugar

## TOOLS

- large saucepan
- box grater
- large deep frypan

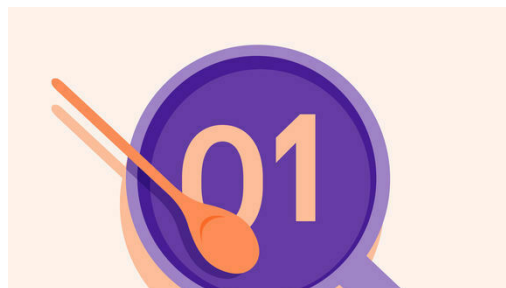
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Milk (2), Sulphites (3), Wheat (4). May contain traces of other allergens.

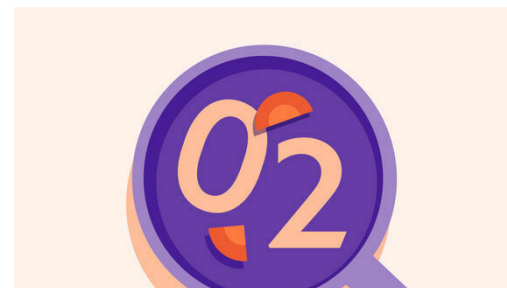
## NUTRITION PER SERVING

Energy 615kcal, Fat 14.5g, Carbs 89.5g, Protein 25.9g



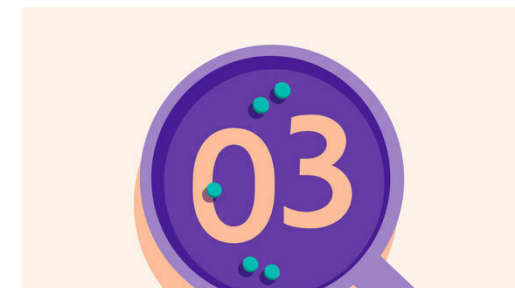
### 1. Prep ingredients

Bring a large saucepan of salted water to the boil for the spaghetti. Crush or finely chop 2 **garlic cloves**. Coarsely grate the **carrot** and **zucchini**, keeping them separate. Finely grate the **parmesan**. Drain and rinse the **lentils**.



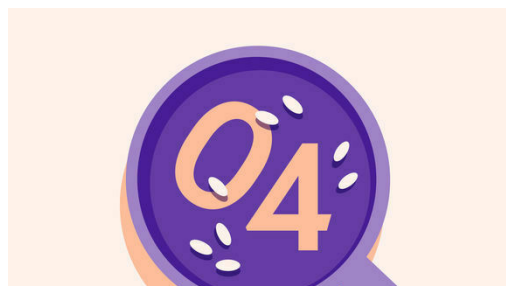
### 2. Cook spaghetti

Cook **three-quarters of the spaghetti\*** in the pan of boiling water for 12 mins or until al dente. Reserve **125ml (½ cup) cooking water**, then drain the pasta and return to the pan to keep warm.



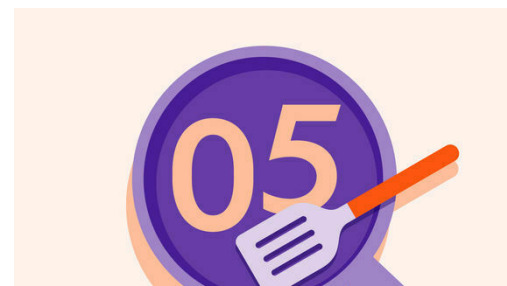
### 3. Start ragu

Meanwhile, heat **1 tbs olive oil** in a large deep frypan over medium heat. Cook the **garlic** and **carrot**, stirring, for 4 mins or until softened. Add the **Tuscan seasoning** and **tomato paste** and cook, stirring, for 1 min or until fragrant.



### 4. Simmer ragu

Add the **zucchini**, **lentils**, **tomatoes**, **reserved cooking water** and **2 tsp sugar** to the carrot mixture and stir to combine. Bring to the boil, then reduce the heat to medium and cook for 8-10 mins until slightly thickened. Remove from the heat. Taste, then season with **salt and pepper**.



### 5. Serve up

Divide the **spaghetti** and **ragu** among bowls, scatter over the **parmesan** and enjoy!



### 6. Feed A Crowd

There's nothing better than a pasta dish to keep everyone happy. Even better, the ragu sauce can be prepped ahead of time and refrigerated until needed. This allows more time for the flavours to develop too! Then, all you have to do is put the spaghetti on to cook, reheat the sauce and grate the cheese!