

LENTIL RAGU COURGETTE SPAGHETTI

Spiral Expert



Preparation : 10 min - **Resting :** - - **Cooking :** 40-45 min - **Equipment :** Spiral Expert, Spaghetti cone

Ingredients : 4 PEOPLE

- 1 carrot - 1 onion - 4 tbsp olive oil - 400 g can cooked lentils, rinsed - 300 ml crushed tomatoes or tomato sauce - 150 ml vegetable stock - 1 tbsp balsamic vinegar - 4 courgettes (1kg) - shaved Parmesan, to serve - sea salt - freshly ground black pepper

1. If using a Food Processor, chop the carrot and onion in the food processor using the main blade. Heat 2 tbsp of the olive oil in a large saucepan over medium-low heat and cook the onion and carrot, stirring occasionally, for 10-12 minutes. Add the lentils, tomatoes, stock and vinegar; simmer 20 minutes then season. If using a Cook Expert, fit the metal bowl. Chop the carrot and onion using the EXPERT programme for 30 seconds/speed 13 (without heating). Add 2 tbsp olive oil, the onion and carrot; run the EXPERT programme for 8 minutes/speed 3/120°C. Add the lentils, tomato sauce, vegetable stock and vinegar. Run the EXPERT programme for 15 minutes/speed 1A/100°C.

2. Spiralize the courgettes using the SPAGHETTI cone. Cut into shorter lengths.

3. Heat the remaining oil in a large frying pan over medium heat and cook the spaghetti al dente for 3-4 minutes. Season.

4. Serve the spaghetti garnished with the lentils and Parmesan shavings.

CS 4200 XL ■

CS 5200 XL ■

CS 5200 XL Premium ■

Patissier Multifunction ■

Spiral Expert Kit (optional) ■