

DINNERLY



Lentil Bolognese & Gluten Free Fettuccine

with Parmesan & Tuscan Spice



45min



2 Servings

You don't need meat to make a superb pasta sauce. Don't believe us? The proof is in this lentil bolognese. Carrots and onions sauté with Tuscan spice until tender, then simmer with tomatoes and lentils to build a deliciously saucy base for al dente pasta. No bowl of pasta is complete without a generous helping of freshly grated Parmesan. We've got you covered!

WHAT WE SEND

- 1 yellow onion
- 1 carrot
- ¼ oz Tuscan spice blend
- 14½ oz can whole peeled tomatoes
- 3 oz French green lentils
- 9 oz gluten free fettuccine ³
- 2 (¾ oz) Parmesan ⁷

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic (optional)

TOOLS

- medium Dutch oven or pot with lid
- microplane or grater

ALLERGENS

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

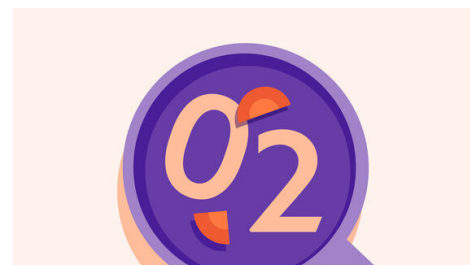
NUTRITION PER SERVING

Calories 750kcal, Fat 19g, Carbs 109g, Protein 31g



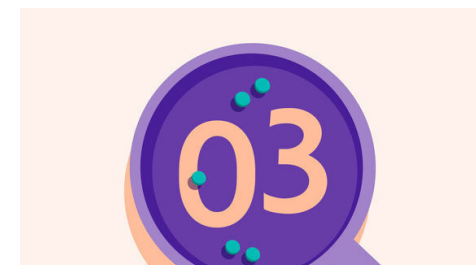
1. Prep ingredients

Halve **onion** and coarsely chop one half (save rest for own use). Cut **carrot** into ½-inch pieces. Finely grate **all of the Parmesan**, if necessary.



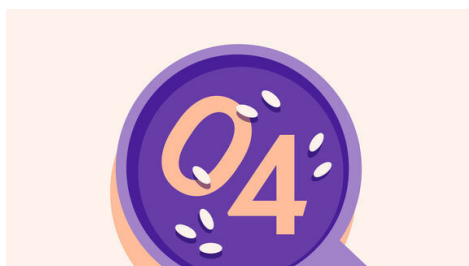
2. Cook veggies

Heat **1 tablespoon oil** in a medium Dutch oven or pot with lid. Add **onions** and **carrots**, and season with **a pinch each of salt and pepper**. Cook until veggies just start to brown, 3–5 minutes. Add **3 teaspoons Tuscan spice** and cook until fragrant, about 30 seconds.



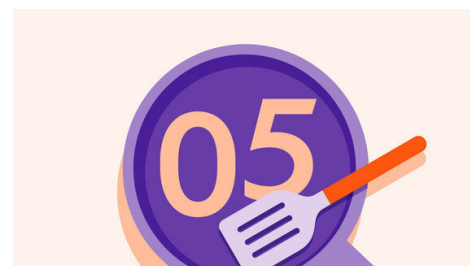
3. Cook lentils

Add **tomatoes**, **3½ cups water**, **2 teaspoons salt**, and **1 garlic clove**, if desired; bring to a boil. Add **lentils**, then reduce heat to a simmer (about medium-low) and partially cover. Cook until lentils are just tender, about 20 minutes.



4. Cook pasta

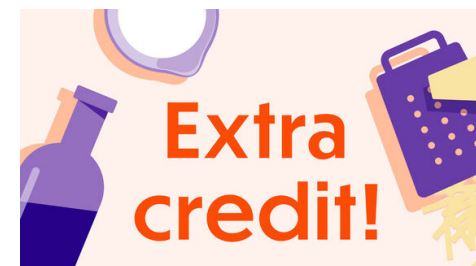
Break **tomatoes** up using the back of the spoon. Add **pasta** to pot with **lentils** and return to a simmer. Cook, partially covered and stirring frequently, until pasta is al dente, 2–3 minutes.



5. Finish & serve

Stir in **¾ of the Parmesan** and season to taste with **salt** and **pepper**; let sit for 3 minutes to thicken.

Spoon **lentil bolognese** into bowls and top with **remaining Parmesan** and **a pinch of Tuscan spice**. Drizzle with olive oil, if desired. Enjoy!



6. Check us out!

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