



Essential
Lentil Ragù



Prep **10 mins**
Cooking **25 mins**
Serves **4-6**

Ingredients:

- 2 tins of Essential Organic chopped tomatoes
- 1 tbsp Essential Organic red pesto
- 1 tsp Essential Organic tomato purée
- 1 tbsp Essential Organic olive oil
- 2 tsp dried Essential Organic oregano
- 2 tsp dried Essential Organic parsley
- 2 dried Essential Organic bay leaves
- Small handful of fresh basil
- 250g La Terra white pappardelle pasta
- 1 tsp balsamic vinegar
- 1 small white onion
- 3 garlic cloves
- 1 celery stick
- 1 small carrot
- 150g chestnut mushrooms
- 1 tsp white miso paste

Summer can be unpredictable and super busy, but some evenings you just need a bit of home comfort to keep you grounded. Here's a rich lentil ragù using our Italian tomato range and La Terra Pappardelle, perfect for those slower, quiet evenings when you need to recharge and reset.

1. Pour Essential Olive Oil into a medium to high-heated pan.
2. Add the diced white onion, garlic cloves, mushrooms, celery, and carrot to the hot oil. Fry for 8 minutes.
3. Scoop a teaspoon of white miso paste, and spoon in one teaspoon of balsamic vinegar and hot water to form a rich stock. Stir for 2 minutes.
4. Add a tin of Essential Dark Speckled Lentils, stir well, and shake in dried Essential Oregano, Parsley, and two bay leaves.
5. Spoon in Essential Red Pesto and a teaspoon of Tomato Purée Double Concentrated.
6. Pour two tins of Essential Chopped Tomatoes into your ragù. Leave on a medium heat for 10 minutes to marinate. Season with salt and pepper to taste.
7. In the meantime, fill a large saucepan with water for the pasta. Once it is boiling, heavily salt the water with coarse sea salt. Carefully drop in the La Terra Pappardelle pasta.
8. Add more Essential Oregano to the ragù and simmer until it reaches a rich, glossy consistency.
9. Drain the La Terra Pappardelle pasta and place it onto plates. Drizzle with olive oil or mix in melted butter.
10. Spoon the ragù on top of the pappardelle pasta. Sprinkle over grated parmesan and place some fresh basil leaves ready to serve.

