



NUTRITION *per serving* 98g carbohydrates 12g fat 25g protein 1132mg sodium | CONTAINS gluten, soy | calorie-conscious, vegetarian



Calories
569



Prep & Cook Time
50-60 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Mild



Spaghetti with Mushroom and Lentil Ragù

with tomato and shallots

IN YOUR BOX

- 8 oz. Cremini Mushrooms
- 3 Oregano Sprigs
- 4 Parsley Sprigs
- 1 Shallot
- 2 Garlic Cloves
- ½ tsp. Red Pepper Flakes
- ½ cup Brown Lentils
- 5 oz. Spaghetti
- 14 ½ oz. Diced Tomatoes, Canned
- 1 Tbsp. Miso Paste—Gluten-Free

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Large Pot
- Colander
- Large Non-Stick Pan

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BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Bring a **large** pot of **lightly salted water** to a boil
- ❑ Thoroughly rinse produce and pat dry
- ❑ Place a colander in the sink

WHILE YOU COOK

- ❑ **Spice Alert** A little goes a long way when it comes to **red pepper flakes**. Add a pinch to **sauce** at first, taste, and add more if desired.
- ❑ **Heads Up!** **Red pepper flakes** are used twice. Half are added to **vegetables** and remaining is added to **sauce** (to taste).
- ❑ **Heads Up!** **Parsley** and **oregano** are used twice. Most of both are added to **sauce** and remaining garnish dish.

FROM THE CHEF

Acid and salt can make lentils tough. That's why tomatoes, miso, and salt are added later in this recipe.

Did you know...

Lentils come in a variety of colors and differ in texture and flavor when cooked. Brown lentils are perfect for this preparation as they cook quickly and can help thicken sauce.



1

Prepare the Ingredients

Cut **mushrooms** into ¼” slices. Stem and mince **oregano**. Stem and mince **parsley**. Peel and mince **shallot**. Mince **garlic**.



2

Cook the Vegetables

Place a large non-stick pan over medium-high heat. Add 1 Tbsp. **olive oil**, **shallots**, **garlic**, **mushrooms**, and **half the red pepper flakes** (reserve remaining for lentils) to hot pan and cook, stirring occasionally, until vegetables start to caramelize, 6-8 minutes.



3

Cook the Lentils

Add **lentils** and 2 cups **water** to pan with **vegetables** and bring to a boil. Reduce to a simmer, cover, and cook, stirring occasionally, until lentils begin to soften, 15 minutes. While lentils simmer, cook pasta.



4

Cook the Pasta

Add **pasta** to boiling water and cook, stirring occasionally, until al dente, 8-10 minutes. Drain pasta in colander and return to pot. Toss with 1 tsp. **olive oil** to prevent sticking, cover, and set aside. While pasta cooks, finish sauce.



5

Finish the Sauce

Add **tomatoes**, **miso**, ¼ tsp. **salt**, and ¼ tsp. **pepper** to pan with **lentils**. Cover and cook, stirring occasionally, until lentils are al dente and sauce thickens slightly, 12-15 minutes. Remove from burner and stir in **parsley** and **oregano** (reserve a bit of both for garnish). Taste, and add remaining **red pepper flakes** (to taste) and additional **salt and pepper** if desired.



6

Plate the Dish

Place **pasta** on plate and top with **sauce**. Garnish with reserved **parsley** and **oregano**. Add a drizzle of **extra virgin olive oil** if desired.