

Meal Kit: Spaghetti Bolognese

Ingredients for 4: 4 tbsp olive oil, 1 tsp salt, 1/2 tsp pepper, 2tbsp parsley, 3-4 carrots, 1 onion, 6-8 mushrooms, 3-4 stalks celery, 2-3 cloves garlic, 1 cup cherry tomatoes, 1/4 cup tomato paste, 1/2 cup dry white wine (I'm using pinot grigio), 4 tsp Worcestershire sauce, 2 tbsp red wine vinegar, 1 tsp Cavender's, 2 oz parm, 12 oz ground turkey / 2 cup green lentils

What you'll need: cutting board, knife, skillet, pot with lid (if using lentils) pot / water (for cooking pasta), tongs, cooking utensil



1 Begin by preheating your pot over medium heat.

***if using lentils, bring a large pot of water to a boil (I cook it like pasta, so you don't need a specific amount, just fill it with water). Add lentils, and a pinch of salt if you desire, reduce to a simmer, cover and cook for 15 minutes, until soft. Drain and set aside.



2 now prep the veggies— clean off the mushrooms by wiping with a paper towel (not rinsing). Set aside the tomatoes. Mince the garlic and onion. Set aside.



3 dice the mushrooms, celery and carrot and add to a bowl.

Dice everything very small! * this is really important for good texture, if pieces are too big, it won't come together well in the end— take the time to carefully dice.



4 add 1/2 of the olive oil to the preheated pan, along with the onion and garlic. Saute over medium heat for about 5 minutes (if you notice your garlic getting dark, turn down the heat)



5 Add the bowl of diced veggies and the rest of the olive oil, stir well.



6 Add the tomatoes (whole) and when your lentils are finished and drained, add them to the pan, if using, stirring well.



7 scoot the veggies to one side of the pan, and add the meat.



8 break up the meat as it cooks, into small pieces.



9 ...nice and small...
Meanwhile, get a pot of water to a boil on your stove.



10 once no more pink is showing, mix all together with the veggies. Burst all of the cherry tomatoes with your cooking utensil and stir well.



11 heat should still be at a steady medium right here, a nice saute. Add the tomato paste and stir into the veggies and meat, until melted.



12 while the Bolognese cooks, get your pasta cooking in the boiling water. Salt it if you'd like. Cook times are as follows:
Regular- 8-10min
Whole grain- 10-11 min
Chickpea- 8-10 min
(of course, cook to your desired preference)



13 as the pasta cooks, turn up the heat on your sauce slightly, then add the cup with the wine and seasonings, stirring well and bringing to a slight simmer. Let cook.



14 as soon as pasta is done, don't drain!! Use tongs or something to transfer straight into the sauce.



15 at this point the Bolognese will be nice and thick- that's perfect! We're going to add about 1/2 cup of pasta water.



16 stir well, adding a bit more pasta water if needed. Mince up parsley and add the cheese...

17 *plate up and enjoy!*

