



B.PRO

Penne with lentil Bolognese and spicy chorizo

Ingredients:

160 g red lentils
 400 g penne pasta
 1 onion
 1 carrot
 1/4 celery root
 2 spring onions
 1 tbsp olive oil
 1 tbsp tomato purée
 0.2 l vegetable stock
 1/2 chilli
 1/2 garlic clove
 150 g chorizo
 1 small bunch of oregano
 Salt and pepper

Accessories:

Pasta cooker
 Ceran hob
 Multi-element

Preparation:

Depending on pre-treatment, soak the lentils.
 Pre-cook the penne until 60% done. Drain.
 Dice the onion, carrot and celery.
 Cut the spring onions in diagonal slices.
 Fry the vegetables in the wok, add the tomato purée and brown. Add the lentils and stock and bring to the boil.
 Finely dice the chilli and garlic and add. Now leave to simmer for 20-25 mins until the lentils are cooked.
 Dice the chorizo and add.
 Heat the penne in the pasta cooker and plate.
 Finish with a sprinkle of salt, pepper and some oregano leaves.

Notes:

Preparation time: approx. 40 mins / difficulty level: easy /
 calories p.p.: approx. 710

Powered by:



538 g CO₂ per portion

66 % LESS CO₂ than the average when preparing this recipe.

More info on this recipe at: www.eaternity.org

