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CAULIFLOWER BOLOGNAISE

RECOMMENDED SELLING PRICE

R109.98*

Per Kg Rsp

R22.36*

Price Per Portion

*Guideline only. Will differ between regions.

**100%
VEGAN**
Recipe

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CAULIFLOWER BOLOGNAISE



Yield: 1.22 kg



Prep Time: 20 min



Serves: 6



Cook Time: 45 min

INGREDIENTS



250 g
Tagliatelle or any pasta
(cooked per
packaging instructions)



50 g
Olive oil



20 g
Garlic
(crushed)



250 g
Cauliflower
(thinly sliced lengthways)



250 g
Brown mushrooms
(finely chopped)



50 g
Red lentils



10 g
**Robertsons
Barbecue Spice**



500 g
Knorr Tomato Pronto



200 ml
Cold water



10 g
Italian parsley
(roughly chopped)

METHOD

1. Heat the oil in a pan, add the garlic, cauliflower, mushrooms and fry for 8 min.
2. Add the red lentils, **Robertsons Barbecue Spice** and stir through for 1 min. Add the **Knorr Tomato Pronto** and water, reduce the heat and allow to simmer for 30 min, stirring occasionally (until the lentils are soft).
3. Reserve some of the parsley for garnish and toss through the rest and serve with your favourite cooked pasta.

CHEF'S TIP

Replace the red lentils with brown lentils. You can also replace the pasta with a gluten free pasta which then makes the dish gluten and vegan friendly.

NUTRITIONAL STATEMENTS

CAULIFLOWER BOLOGNESE

Knorr Tomato Pronto [Tomatoes (95%), vegetable oil (sunflower seed), salt, water, sugar, onion, acidity regulator (citric acid)], cauliflower, mushrooms, tagliatelle pasta (Woolworths Tagliatelle Pasta [Durum wheat semolina, water], olive oil, red lentils, garlic, Italian parsley and Robertsons Barbecue Spice [Salt, wheat br  n (gluten), paprika, coriander, black pepper, flavouring, celery, pimento, sugar, chilli, cloves, nutmeg, garlic, flavour enhancers, origanum, sage, thyme]).

Allergens: Wheat gluten. Made in a factory that processes soya, eggs and cow's milk.