



STAR RECIPE:

CHICKPEA AND MUSHROOM RAGU

WITH BULGUR WHEAT

(Serves 4)

This recipe is from the Week 2 Menu and the allergen group is noted in red:
Celery

Ingredients

250g cooked chickpeas	50g fresh parsley
1 stick of celery - diced	50g fresh oregano
500g bulgur wheat	1 clove of garlic
250g mushrooms	50g tomato puree
1 litre vegetable stock	2 carrots - diced
3 tins of chopped tomatoes	1 large onion - diced
Handful of fresh basil	

Method

For the sauce

In a pan sweat the onions, carrots, celery and half of the parsley. Once this is done add the garlic and drained chickpeas and cook for 5-6 minutes. Add the mushrooms and cook on a high heat for 2-3 minutes. Then add the tomato puree and continue to cook for another 5 minutes. Add the tinned tomatoes and cook on a low heat for 45 minutes. When ready add the basil, oregano and remaining parsley. Season with salt and pepper to taste.

For the bulgur wheat

Bring 1 litre of vegetable stock to the boil and add the bulgur wheat. Turn off the heat, cover the pan and leave to rest for 20 minutes. Remove the lid and fork through the bulgur wheat which will have doubled in size and be light and fluffy.

To Assemble

Place bulgur wheat on the plate and add the vegetable sauce on top.

Serve and enjoy 😊

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