



Red Lentil Pasta Vindaloo

Indian inspired vegan pasta with warm sweet potatoes, spinach and walnuts in a vindaloo style vinaigrette

Recipe created by Chef Keith Brunell

Instructions

Bring a large pot of water to a boil and cook pasta for 8 minutes.

Meanwhile, in a medium rondo, add olive oil and then heat the sweet potatoes, toasted walnuts and fresh spinach in the pan for about 3-4 minutes.

Add Vegetable Stock, then immediately add the Vindaloo Vinaigrette, mix ingredients quickly.

Add hot cooked pasta to the Vegetable and Vindaloo mixture, turn off the fire and remove from burner and gently toss pasta and ingredients ensuring not to overwork them whereas the sauce can become starchy.

Gently place pasta into a 2-inch deep full hotel pan or plate individually in bowls.

Drizzle with additional Vindaloo Vinaigrette on and around the pasta.

Serve.

Method of Preparation Vindaloo Vinaigrette

Heat the lentils and water in a small saucepan on a low simmer for 10-12 minutes. Remove from fire and cool at room temperature. There will be a lot of water left and do not discard.

Place into a Food Processor or blender. Add the Curry Powder, Chili Powder, Cumin Ground, Whole Cloves, Coriander Ground, Fresh Ginger, Fresh Turmeric, Fresh Garlic, Honey, Cider Vinegar and blend for 1 minute to emulsify all ingredients.

Slowly add Olive Oil and Canola Oil until the dressing is completely emulsified.

Season with Kosher Salt and reserve. May be refrigerated for up to 7 days.

Method of Preparation Sweet Potatoes Roasted

Preheat convection oven to 450 - 475-degree oven. On a parchment-lined half sheet tray, mix diced sweet potatoes with 1 tsp of Canola Oil and then evenly distribute on the tray, gently season with Kosher Salt and Fresh Ground Black Pepper. Cook on high heat for 13 - 15 minutes until they begin to caramelize, firm up, yet soft on the inside. They will carry over, so do not overcook.

Chef Notes

Pasta may be partially cooked with 1-minute remaining on the cooking time and removed from boiling water, strained and tossed with 2 tsp. of neutral oil like canola and placed onto a small sheet pan. This stops the cooking process and allows you to pre-cook the pasta if necessary (this helps when doing a larger portion or if you want to cook a few different dishes during the week). If using this method, reheat the pasta in boiling water for 1 additional minute when you begin to prepare the dish. The pasta is meant to be hot but not piping hot and overworked as the starches can seize up. Gently heat ingredients and toss ingredients.

There will be extra sauce leftover. You may increase the amount of heat in the sauce by adding red chili flakes or fresh chili peppers.

Ingredients

3 lb Barilla Red Lentil Penne, cooked
6 tbsp olive oil
9 oz sweet potatoes, diced ¾" roasted, see recipe below
9 oz walnuts, halves roasted
6 oz spinach, fresh, destemmed
Kosher salt, to taste
18 oz vegetable stock
12 oz Vindaloo Vinaigrette, prep
6 tbsp Vindaloo Vinaigrette, prep
Vindaloo Vinaigrette
¾ cup red lentils, dried
2 ¼ cup water
6 tbsp curry powder
6 tbsp chili powder
6 tbsp cumin, ground
12 ea whole cloves
3 tbsp coriander, ground
2 ½ oz ginger fresh, peeled and rough chopped
2 ½ oz turmeric fresh, peeled and rough chopped
2 ½ oz garlic clove, peeled and rough chopped
9 tbsp honey
1 ½ cup cider vinegar
1 ½ cup olive oil
3 tbsp canola oil
1 tbsp kosher salt

Nutritional Info

This information is per serving.

Nutrition Facts

Serving Size 170g

Servings Per Container

Amount Per Serving

Calories 490

Calories from Fat 252

% Daily Value*

Total Fat 28g

43%

Saturated Fat 3.5g

18%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 350mg

15%

Total Carbohydrate 50g

17%

Dietary Fiber 11g

44%

Sugars 9g

Protein 17g

34%

Vitamin A %

Vitamin C %

Calcium 72%

Iron 5%

Allergy Information: Contains Egg, Fish, Milk, Peanut, Shellfish, Soy, Tree Nuts, Wheat. May also contain Crustaceans, Gluten Mustard, Sesame Seeds.

*Percent Daily Values are based on a 2,000 calorie diet.

Please note: for the purpose of the nutritional assessment, total sodium does not include salt added to the cooking water. When salt is listed "as needed" in the ingredient list, 1 tsp total is included in the analysis.