



Cheat's Lentil & Cherry Tomato Bolognese

with Flaked Parmesan Cheese



Cook a vegetarian inspired bolognese



Thyme



Garlic



Basil



Flaked Parmesan Cheese



Lentils



Carrot



Zucchini



Cherry Tomatoes



Passata



Vegetable Stock



Capers



Linguine



Chilli Flakes (Optional)

Hands-on: **25 mins**
 Ready in: **30 mins**
 Spicy (optional chilli flakes)

Bolognese is a classic comfort food and a favourite in most Aussie households. The good news is... this cheats veggie twist is no different. It's a speedy weeknight meal which will leave you feeling full to the brim, licking your lips and yelling "Bellissimo" (in your best Italian accent.)

Pantry Staples: Olive Oil, Butter, Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, large saucepan, garlic crusher, box grater, sieve, tongs, large frying pan** and a **wooden spoon**.



1 GET PREPPED

Put a large saucepan of lightly salted water on to boil. Peel and crush the **garlic**. Pick the **thyme leaves**. Grate the **carrot** (unpeeled). Drain and rinse the **lentils**. Grate the **zucchini**. Slice the **cherry tomatoes** in half.



2 COOK THE LINGUINE

Add the **linguine** to the saucepan of boiling water and cook for **10 minutes**, or until 'al dente'. Drain the pasta, reserve **1 cup** of the **cooking water**, and return to the saucepan. **Drizzle** with **olive oil** to prevent sticking.



3 MAKE THE BOLOGNESE SAUCE

While the spaghetti is cooking, heat **olive oil** (**2 tbs for 2 people / 1/3 cup for 4 people**) in a large frying pan over a medium-high heat. Add the **garlic, thyme, capers** and a **pinch of chilli flakes** (if using). Cook for **1-2 minutes**. Add the **passata** (use suggested amount), **carrot, cooking water** (**1/2 cup for 2 people / 1 cup for 4 people**) and **vegetable stock cube** (use suggested amount) and simmer for **5 minutes**, or until slightly thickened. Add the **lentils, zucchini** and **cherry tomatoes** and cook for **5 minutes**, or until softened. **TIP:** Add a dash more water if the sauce looks too thick.



4 CONTINUE PREPPING

While the bolognese is cooking, pick and finely slice the **basil** leaves.



5 FINISH THE SAUCE

Add the **basil** (reserve some for the garnish!) and **butter** to the sauce and stir through until melted. Season to taste with a **pinch of salt, pepper** and **sugar**. **TIP:** Adding butter, salt and sugar to your sauce reduces the acidity from the cherry tomatoes and passata.



6 SERVE UP

Divide the linguine between plates and spoon over the lentil & cherry tomato bolognese. **TIP:** You can toss the sauce and the pasta in the pan if you like! Sprinkle over the **flaked Parmesan cheese** and garnish with the remaining basil.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
thyme	1 bunch	1 bunch
carrot	1	2
lentils	1 tin (400 g)	2 tins (800 g)
zucchini	1	2
cherry tomatoes	1 punnet	2 punnets
linguine	1 packet (200 g)	2 packets (400 g)
capers	1 tub (25 g)	2 tubs (50 g)
chilli flakes (optional)	pinch	pinch
passata	½ carton (250 g)	1 carton (500 g)
vegetable stock	1 cube	2 cubes
basil	1 bunch	1 bunch
butter*	20 g	40 g
sugar*	pinch	pinch
flaked Parmesan cheese	1 packet (30 g)	2 packets (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2990kJ (715Cal)	379kJ (91Cal)
Protein (g)	30.9g	3.9g
Fat, total (g)	15.0g	1.9g
- saturated (g)	8.7g	1.1g
Carbohydrate (g)	104.0g	13.2g
- sugars (g)	17.9g	2.3g
Sodium (g)	1030mg	130mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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