

# Veggie Lentil Bolognese

with Tagliatelle and Spinach





#### **HELLO LENTILS**

Like a mini version of a bean, lentils grow in pods and come in red, brown, black, and green varieties.



Chestnut Mushrooms







Flat Leaf Parsley Wheat Tagliatelle



**Baby Spinach** 



Italian Style Herbs



Finely Chopped



Red Wine Stock Pot Tomatoes with Basil



Italian Style Grated Hard Cheese



15 mins

Veggie

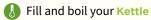




Rapid recipe

This super speedy lentil bolognese is perfect for a midweek meal. The combination of Italian-style herbs, mushrooms and walnuts give the dish the rich, earthy flavour of bolognese. Our chefs have also included red wine stock to really amp up the flavour. Quick to make and even quicker to eat, this dish will be a winner with everyone around the table.







#### **PREP TIME**

- a) Slice the **mushrooms**. Drain and rinse the lentils in a sieve.
- **b)** Roughly chop the **parsley** (stalks and all).



### 2 START THE SAUCE

- a) Heat a splash of oil in a large saucepan over high heat.
- b) When hot, add the mushrooms and cook until browned 3-4 mins.



## **3** COOK THE WHEAT PASTA

- a) Fill another large saucepan with the boiled water from your kettle and put on high heat.
- **b)** Add a pinch of **salt** and the **wheat** tagliatelle. Stir and cook for 12 mins.
- c) After 10 mins, stir in the **spinach** and submerge to wilt. Drain into a colander when cooked.



### 4 SIMMER THE SAUCE

- a) Add the Italian style herbs and the lentils to the mushrooms.
- b) Cook for a 1 minute, then pour in the chopped tomatoes and water (see ingredients for amount).
- c) Stir in and dissolve the stock pot and simmer for 8-10 mins.



#### 5 CRUSH THE NUTS

a) Meanwhile, roughly chop the walnuts. In a small bowl, mix the **walnuts** with the parsley, half the Italian style grated hard cheese and a glug of olive oil.



# 6 SERVE

- a) Season the tagliatelle with salt and **pepper** and share between your bowls.
- b) Spoon the **lentil sauce** on top. Finish with dollops of the parsley/nut mixture and a final sprinkling of remaining cheese.

**Enjoy!** 

# INGREDIENTS

	2P	3P	4P
Chestnut Mushrooms	1 small	¾ large	1 large
*	punnet	punnet	punnet
Lentils *	1 carton	1½ cartons	2 cartons
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Wheat Tagliatelle 13)	200g	300g	400g
Baby Spinach *	1 small bag	¾ large bag	1 large bag
Italian Style Herbs	½ pot	¾ pot	1 pot
Finely Chopped	1	1½	2
Tomatoes with Basil	carton	cartons	cartons
Water*	100ml	150ml	200ml
Red Wine Stock Pot 14)	1 pot	1 pot	2 pots
Walnuts 2)	1 small bag	1 small bag	1 large bag
Italian Style Grated Hard Cheese 7) 8) ❖	1 pack	1½ packs	2 packs

\*Not Included \* Store in the Fridge

0	
PER SERVING 584G	PER 100G
2577 /616	442/106
14	2
5	1
87	15
18	3
30	5
4.57	0.78
	2577 /616 14 5 87 18 30

Nutrition for uncooked ingredients based on 2 person recipe.

#### **ALLERGENS**

2) Nut 7) Milk 8) Egg 13) Gluten 14) Sulphites

Wheat Tagliatelle. Ingredients: Durum wheat semolina, water. For allergens, including cereals containing gluten, see ingredients in bold.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

## THUMBS UP OR THUMBS DOWN?

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