



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



Lentils



Flat Leaf Parsley



Wheat Tagliatelle



Baby Spinach



Italian Style Herbs



Finely Chopped Tomatoes with Basil



Red Wine Stock Pot



Italian Style Grated Hard Cheese



Walnuts

MEAL BAG

15 mins

2 of your 5 a day

Rapid recipe

Veggie

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.

GET PREPARED!

Fill and boil your Kettle

BEFORE YOU START

🔥 Fill and boil your **kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Sieve**, two **Large Saucepans**, **Colander** and **Measuring Jug**. Let's start cooking the **Veggie Lentil Bolognese with Tagliatelle and Spinach**.



1 PREP TIME

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



2 START THE SAUCE

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



3 COOK THE WHEAT PASTA

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



4 SIMMER THE SAUCE

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



5 CRUSH THE NUTS

- 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

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

Enjoy!

2-4 PEOPLE INGREDIENTS

In order of use

| | 2P | 3P | 4P |
|--|----------------|----------------|----------------|
| Chestnut Mushrooms * | 1 small punnet | ¾ large punnet | 1 large 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

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING 584G | PER 100G |
|-----------------------------------|------------------|-----------|
| Energy (kJ/kcal) | 2577 / 616 | 442 / 106 |
| Fat (g) | 14 | 2 |
| Sat. Fat (g) | 5 | 1 |
| Carbohydrate (g) | 87 | 15 |
| Sugars (g) | 18 | 3 |
| Protein (g) | 30 | 5 |
| Salt (g) | 4.57 | 0.78 |

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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