

















Veggie Ragu Pasta Bake with Peppers and Mushrooms

Classic 45 Minutes • 1 of your 5 a day • Veggie



-  Echalion Shallot
-  Garlic
-  Carrot
-  Bell Pepper
-  Chestnut Mushrooms
-  Penne Pasta
-  Italian Herbs
-  Tomato Puree
-  Balsamic Vinegar
-  Red Split Lentils
-  Finely Chopped Tomatoes with Basil
-  Vegetable Stock Paste
-  Mozzarella
-  Grated Hard Italian Style Cheese

Before you start

Our fruit and veg need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Garlic Press, Grater, Colander and Ovenproof Dish.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic	1	2	2
Carrot**	1	1	2
Bell Pepper***	1	2	2
Chestnut Mushrooms**	150g	225g	300g
Penne Pasta 13	180g	270g	360g
Italian Herbs	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	1½ sachet	2 sachets
Balsamic Vinegar 14	1 sachet	1 sachet	1 sachet
Red Split Lentils	50g	75g	100g
Finely Chopped Tomatoes with Basil	1 carton	1½ carton	2 cartons
Water*	300ml	450ml	600ml
Vegetable Stock Paste 10	10g	15g	20g
Mozzarella 7 **	1 ball	1½ ball	2 balls
Grated Hard Italian Style Cheese 7 8 **	40g	65g	80g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	658g	100g
Energy (kJ/kcal)	3415 /816	519 /124
Fat (g)	23	3
Sat. Fat (g)	14	2
Carbohydrate (g)	106	16
Sugars (g)	25	4
Protein (g)	44	7
Salt (g)	3.74	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8**) Egg **10**) Celery **13**) Gluten **14**) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the **pasta**. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Trim the **carrot** and grate on the coarse side of your grater (no need to peel). Halve the **pepper** and discard the core and seeds. Thinly slice and chop into small pieces. Thinly slice the **chestnut mushrooms**.



Simmer the Ragu

Stir the **tomato puree** into the **veggies**, then stir in the **balsamic vinegar** and allow it to evaporate. Stir in the **red split lentils**. Pour in the **finely chopped tomatoes**, **water** for the sauce (see ingredients for amount) and **vegetable stock paste**. Bring to the boil, then reduce the heat and simmer until thick and tomatoey, 20-25 mins, stirring occasionally to make sure the **lentils** don't catch. Add a splash of **water** if you feel it needs it.



Cook the Pasta

When the **water** is boiling, stir in the **penne** and cook for 12 mins. Drain in a colander. Pop back into the pan, drizzle with **oil** and stir through to stop it sticking. Set aside.



Bake

Meanwhile, drain the **mozzarella** and tear into small pieces. When the **ragu** is thickened and the **lentils** are tender, stir in the cooked **penne**. Season to taste with **salt** and **pepper** if needed, then transfer to an appropriately-sized ovenproof dish. Scatter the **mozzarella** over the top then sprinkle over the **hard Italian style cheese**. Grill on the top shelf of your oven until golden and bubbling, 5-6 mins.



Start Frying

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium heat. When hot, add the **shallots**, **pepper** and **mushrooms** along with a pinch of **sugar**. Season with **salt** and **pepper**. Cook, stirring occasionally, until the **veg** starts to colour, 3-4 mins. Stir in the **garlic**, grated **carrot** and **Italian herbs** and cook for another minute.



Serve

Divide the **veggie ragu pasta bake** between your bowls and serve.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.