



Veggie Ragu Pasta Bake with Courgette and Mushrooms

Classic 45 Minutes • 1 of your 5 a day

N° 18



Echalion Shallot



Carrot



Chestnut Mushrooms



Italian Herbs



Balsamic Vinegar



Finely Chopped Tomatoes with Basil



Mozzarella



Garlic



Courgette



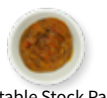
Penne Pasta



Tomato Puree



Red Split Lentils



Vegetable Stock Paste



Grated Hard Italian Style Cheese



Chorizo



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

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

Cooking tools, you will need:

Saucepan, Garlic Press, Grater, Colander, Frying Pan, Ovenproof Dish, Measuring Jug.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic	1	2	2
Carrot**	1	1	2
Courgette**	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 sachets	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 cartons	2 cartons
Water for the Sauce*	300ml	450ml	600ml
Vegetable Stock Paste 10	10g	15g	20g
Mozzarella 7 **	1 ball	1½ balls	2 balls
Grated Hard Italian Style Cheese 7 8 **	40g	60g	80g
Chorizo**	90g	120g	180g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	684g	100g
Energy (kJ/kcal)	3440 / 822	503 / 120
Fat (g)	22	3
Sat. Fat (g)	14	2
Carbohydrate (g)	107	16
Sugars (g)	27	4
Protein (g)	45	7
Salt (g)	3.74	0.55
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	729g	100g
Energy (kJ/kcal)	4158 / 994	570 / 136
Fat (g)	36	5
Sat. Fat (g)	19	3
Carbohydrate (g)	107	15
Sugars (g)	28	4
Protein (g)	57	8
Salt (g)	5.92	0.81

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.

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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). Trim the **courgette**, halve lengthways and chop into 2cm wide strips. Then chop into 2cm chunks. Thinly slice the **chestnut mushrooms**.



Simmer the Ragù

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** (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.

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.



Cook the Pasta

When the **water** is boiling, stir in the **penne** and cook for 12 mins. Drain in a colander. Pop back in 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 **ragù** 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, courgette** 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.



CUSTOM RECIPE

If you've decided to add **chorizo** to your meal, add to the pan when you add the **mushrooms** and **peppers** and cook for the same amount of time. Continue with the rest of the recipe as instructed. **IMPORTANT:** Cook the chorizo throughout.



Serve

Share the **veggie ragù pasta** between bowls and dig in.

Enjoy!