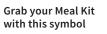


# Nan's Veggie Mince Spaghetti Bolognese with Garden Salad & Flaked Almonds

ALTERNATIVE PROTEIN

**CLIMATE SUPERSTAR** 













Flaked Almonds

Spaghetti





Plant-Based

Tomato Paste





Garlic & Herb Seasoning

Vegetable Stock Powder



Plant-Based Cream

**Baby Spinach** 



Mixed Salad Leaves



Prep in: 25-35 mins Ready in: 30-40 mins

Plant Based\* \*Custom Recipe is not Plant Based Golden ropes of spaghetti coated in a rich, creamy tomato sauce and veggie mince. Finished with a scattering of almonds and a complementary salad, this is nothing short of a small bite of heaven.



Olive Oil, Balsamic Vinegar, Brown

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

 $Large\ frying\ pan\cdot Large\ sauce pan$ 

## Ingredients

in ign concince				
	2 People	4 People		
olive oil*	refer to method	refer to method		
tomato	1	2		
onion	1 (medium)	1 (large)		
flaked almonds	1 packet	2 packets		
spaghetti	1 packet	1 packet		
balsamic vinegar*	1 tbs	2 tbs		
brown sugar*	1 tsp	2 tsp		
plant-based mince	1 packet	2 packets		
tomato paste	1 packet	2 packets		
garlic & herb seasoning	1 medium sachet	1 large sachet		
vegetable stock powder	1 medium sachet	1 large sachet		
plant-based cream	½ packet (125ml)	1 packet (250ml)		
baby spinach leaves	1 small bag	1 medium bag		
mixed salad leaves	1 small bag	1 medium bag		
grated Parmesan cheese**	1 medium packet	1 large packet		

\*Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3780kJ (903Cal)	762kJ (182Cal)
Protein (g)	37.1g	7.5g
Fat, total (g)	40.5g	8.2g
- saturated (g)	4.7g	0.9g
Carbohydrate (g)	90.5g	18.3g
- sugars (g)	15.7g	3.2g
Sodium (mg)	1895mg	382mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3984kJ (952Cal)	<b>783kJ</b> (187Cal)
Protein (g)	41.4g	8.1g
Fat, total (g)	44g	8.6g
- saturated (g)	6.9g	1.4g
Carbohydrate (g)	90.5g	17.8g
- sugars (g)	15.7g	3.1g
Sodium (mg)	1987mg	391mg

The quantities provided above are averages only.

## **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns

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# Get prepped

- · Boil the kettle.
- Roughly chop tomato. Thinly slice onion.
- Heat a large frying pan over medium-high heat.
   Toast flaked almonds, tossing, until golden,
   2-3 minutes. Transfer to a small bowl.



## Cook the spaghetti

- Half-fill a large saucepan with boiling water, then add a generous pinch of salt.
- Cook spaghetti, uncovered, over high heat, until 'al dente', 10 minutes.
- Reserve some pasta water (1 cup for 2 people / 2 cups for 4 people). Drain and return spaghetti to saucepan.



## Caramelise the onion

- Meanwhile, return the frying pan to medium-high heat with a drizzle of olive oil.
- Cook onion, stirring, until softened,
   5-6 minutes.
- Reduce heat to medium. Add the balsamic vinegar, brown sugar and a splash of water and mix well. Cook until dark and sticky,
   3-5 minutes. Transfer to a small bowl.



## Make the sauce

- Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil.
   Cook plant-based mince, breaking up with a spoon, until just browned, 4-5 minutes.
- Reduce heat to medium-low, add tomato paste, garlic & herb seasoning and cook until fragrant, 1 minute.
- Add vegetable stock powder, plant-based cream (see ingredients), reserved pasta water (½ cup for 2 people / 1 cup for 4 people) and simmer, until slightly reduced, 1-2 minutes.
- Add spaghetti, baby spinach leaves and caramelised onion and gently toss to combine.
   Season to taste.

TIP: Add a splash of extra pasta water if the sauce mixture looks too thick.



## Toss the salad

 Meanwhile, combine mixed salad leaves, tomato and a drizzle of balsamic vinegar and olive oil in a large bowl. Season to taste.



## Serve up

- Divide veggie mince spaghetti bolognese between bowls.
- Top with toasted almonds. Serve with garden salad. Enjoy!

**Custom Recipe:** If you've added grated Parmesan cheese to your meal, sprinkle cheese over the spaghetti bolognese to serve.



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