



# Nan's Veggie Mince Spaghetti Bolognese

with Garden Salad & Flaked Almonds

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Tomato



Onion



Flaked Almonds



Spaghetti



Plant-Based Mince



Tomato Paste



Garlic & Herb Seasoning



Vegetable Stock Powder



Plant-Based Cream



Baby Spinach Leaves



Mixed Salad Leaves



Grated Parmesan Cheese

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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar



## 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 · Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	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)	783kJ (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](https://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.

4



## 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.

2



## 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.

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## 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.

3



## Caramelize 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.

6



## 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.

## Rate your recipe

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