



Plant-Based Mince Ragu Fettuccine

with Basil Pesto & Parsley

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Fettuccine



Carrot



Celery



Onion



Garlic



Plant-Based Mince



Tomato Paste



Aussie Spice Blend



Vegetable Stock Powder



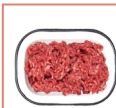
Baby Spinach Leaves



Plant-Based Basil Pesto



Parsley



Beef Mince

Prep in: 15-25 mins
Ready in: 25-35 mins



Plant Based*

*Custom Recipe is not Plant Based

Indulge in this plant-based delight where savoury plant-based mince is simmered to perfection in a rich, flavourful tomato sauce. Paired with ribbons of fettuccine, this wholesome dish offers a hearty and satisfying experience that proves plant-based eating can be both delicious and comforting.

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

Pantry items

Olive Oil

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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
fettuccine	1 packet	2 packets
carrot	1	2
celery	1 stalk	2 stalks
onion	½ (large)	1 (large)
garlic	2 cloves	4 cloves
plant-based mince	1 packet	2 packets
tomato paste	1 packet	2 packets
Aussie spice blend	1 medium sachet	1 large sachet
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
plant-based basil pesto	1 packet (50g)	1 packet (100g)
parsley	½ bag	1 bag
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3286kJ (785Cal)	773kJ (185Cal)
Protein (g)	36.3g	8.5g
Fat, total (g)	29.3g	6.9g
- saturated (g)	3.2g	0.8g
Carbohydrate (g)	89.3g	21g
- sugars (g)	12.4g	2.9g
Sodium (mg)	2053mg	483mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3478kJ (831Cal)	773kJ (185Cal)
Protein (g)	44.9g	10g
Fat, total (g)	33.5g	7.4g
- saturated (g)	9.8g	2.2g
Carbohydrate (g)	82.5g	18.3g
- sugars (g)	11.2g	2.5g
Sodium (mg)	1359mg	302mg

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

2024 | CW07



1



Cook the pasta

- Boil the kettle.
- Half-fill a large saucepan with boiling water and a generous pinch of **salt**.
- Cook **fettuccine** in the boiling water, over high heat, until 'al dente', **9 minutes**.
- Reserve **pasta water** (1/2 cup for 2 people / 1 cup for 4 people). Drain **fettuccine**, then return to saucepan.

3



Make it saucy

- Reduce heat to medium, add **garlic**, **tomato paste** and **Aussie spice blend**, and cook until fragrant, **1 minute**.
- Add **vegetable stock powder** and the reserved **pasta water** (1/2 cup for 2 people / 1 cup for 4 people) and simmer, until slightly reduced, **1-2 minutes**.
- Remove pan from heat, add **fettuccine** and **baby spinach leaves**, and stir to combine. Season with **pepper**.

2



Cook the veggie mince

- Meanwhile, finely chop **carrot**, **celery**, **onion** (see ingredients) and **garlic**.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot**, **celery** and **onion** until tender, **5-6 minutes**.
- Add **plant-based mince** and cook, breaking up with a spoon, until just browned, **3-4 minutes**.

Custom Recipe: If you've swapped plant-based mince to beef mince, cook in the same way as plant-based mince.

4



Serve up

- Divide veggie mince ragu and fettuccine between bowls.
- Drizzle over **plant-based basil pesto** and tear over **parsley**. Enjoy!

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