



Lentil, Veggie & Red Pesto Spaghetti

with Garlic Pangrattato & Baby Spinach

Grab your Meal Kit with this symbol



Spaghetti



Carrot



Celery



Parsley



Brown Onion



Garlic



Lentils



Panko Breadcrumbs



Garlic & Herb Seasoning



Tinned Cherry Tomatoes



Vegetable Stock Powder



Baby Spinach Leaves



Red Pesto

Hands-on: 20-30 mins
Ready in: 30-40 mins

We love red pesto. And we love spaghetti. So then we thought, how about we combine the two and get a beautiful bowl of concentrated flavour! It needed a little something and that's why we added a fragrant, crunchy topping of pangrattato to finish it off. Now it's your turn to take it for a twirl!

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
spaghetti	1 packet	2 packets
carrot	1	2
celery	1 stalk	2 stalks
parsley	1 bag	1 bag
brown onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
lentils	½ tin	1 tin
panko breadcrumbs	½ packet	1 packet
garlic & herb seasoning	1 sachet	2 sachets
tinned cherry tomatoes	1 tin	2 tins
vegetable stock powder	1 large sachet	2 large sachets
baby spinach leaves	1 bag (30g)	1 bag (60g)
butter*	30g	60g
red pesto	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3545kJ (847Cal)	566kJ (135Cal)
Protein (g)	24.4g	3.9g
Fat, total (g)	25.2g	4g
- saturated (g)	10.1g	1.6g
Carbohydrate (g)	123.9g	19.8g
- sugars (g)	20.9g	3.3g
Sodium (mg)	2217mg	354mg

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.

1



Cook the spaghetti

Bring a medium saucepan of salted water to the boil. Cook the **spaghetti** in the boiling water until 'al dente', **10 minutes**. Reserve some **pasta water**, then drain and return the **spaghetti** to the saucepan. Drizzle with a little **olive oil** to prevent sticking.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.

4



Cook the veggies & lentils

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot**, **celery** and **onion** until softened, **3-4 minutes**. Add the **lentils**, **garlic & herb seasoning** and remaining **garlic** and cook, tossing until softened, **2-3 minutes**.

2



Get prepped

While the spaghetti is cooking, grate the **carrot**. Finely chop the **celery**, **parsley**, **brown onion** and **garlic**. Drain and rinse the **lentils** (see ingredients).

5



Add the sauce

Reduce the frying pan heat to medium. Add the **tinned cherry tomatoes**, **vegetable stock powder** and a splash of **reserved pasta water**, then simmer until slightly thickened, **2-3 minutes**. Remove from the heat. Add the **spaghetti**, **baby spinach leaves**, the **butter** and **red pesto**. Season and toss to combine.

TIP: If the sauce is too thick, add a splash more of the reserved pasta water to loosen.

3



Make the pangrattato

In a large frying pan, heat a generous drizzle of **olive oil** over a medium-high heat. Cook the **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **parsley** and season to taste. Transfer to a bowl.

6



Serve up

Divide the lentil, veggie and red pesto spaghetti between bowls. Top with the garlic pangrattato to serve.

Enjoy!