

Mushroom Spaghetti Bolognese

with Parmesan & Pear Salad

Grab your Meal Kit with this symbol



Recipe Update
 The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- Mushrooms
- Onion
- Garlic
- Courgette
- Carrot
- Spaghetti
- Tomato Paste
- Tomato Sugo
- Mushroom Powder
- Vegetable Stock Powder
- Pear
- Salad Leaves
- Grated Parmesan Cheese
- Diced Bacon

Hands-on: **25-35** mins
 Ready in: **30-40** mins

Vegetarians can still get a rich, hearty and satisfying bowl of pasta with this bolognese based on delicious mushrooms. Cook up the chunky, veggie-packed sauce then toss it through perfectly 'al dente' pasta for an Italian feast that will make you cry "Bravo!"

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

Pantry items
 Olive Oil, Butter, Brown Sugar, Balsamic Vinegar

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

Large frying pan · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
mushrooms	1 packet	1 packet
butter*	40g	80g
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
courgette	1	2
carrot	1	2
spaghetti	1 packet	2 packets
tomato paste	1 packet	2 packets
tomato sugo	1 packet (200g)	1 packet (400g)
mushroom powder	1 medium sachet	2 medium sachets
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	½ tsp	1 tsp
pear	1	2
balsamic vinegar*	drizzle	drizzle
salad leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 packet (60g)	2 packets (120g)
diced bacon**	1 packet	1 packet

*Pantry Items**Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3498kJ (836Cal)	495kJ (118Cal)
Protein (g)	29.3g	4.1g
Fat, total (g)	32.6g	4.6g
- saturated (g)	17.5g	2.5g
Carbohydrate (g)	99.8g	14.1g
- sugars (g)	25.5g	3.6g
Sodium (mg)	1209mg	171mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4083kJ (976Cal)	539kJ (129Cal)
Protein (g)	37.2g	4.9g
Fat, total (g)	44.7g	5.9g
- saturated (g)	21.9g	2.9g
Carbohydrate (g)	99.8g	13.2g
- sugars (g)	25.6g	3.4g
Sodium (mg)	1608mg	212mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2022 | CW22



1 Get prepped

Boil the kettle. Thinly slice **mushrooms**.



2 Get prepped

In a large frying pan, heat 1/2 the **butter** and a drizzle of **olive oil** over medium-high heat. Cook **mushrooms**, stirring, until tender, **4-6 minutes**. Meanwhile, finely chop **onion** and **garlic**. Cut **courgette** into half-moons. Grate the **carrot**.

CUSTOM RECIPE

Cook diced bacon with mushrooms, breaking up with a spoon, 5-7 minutes.



3 Boil the spaghetti

Half-fill a large saucepan with the boiling water. Cook **spaghetti** until 'al dente', **9 minutes**. Drain **pasta**, reserving some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drizzle with **olive oil** to prevent sticking.



4 Make the bolognese sauce

Add a drizzle of **olive oil** to the pan with the **mushrooms**. Cook **onion**, **carrot** and **courgette** until softened, **6-7 minutes**. Add **garlic** and **tomato paste** and cook until fragrant, **1 minute**. Add **tomato sugo**, **mushroom powder**, **vegetable stock powder**, the **brown sugar** and 1/2 the reserved **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people) to the pan. Simmer over medium heat until thickened, **5 minutes**. Stir through the remaining **butter** and season to taste with **salt** and **pepper**. Add **spaghetti** and toss to coat in the sauce. Loosen with a little more of the reserved **pasta water** if needed.



5 Make the salad

While the sauce is cooking, thinly slice **pear**. In a medium bowl, add a drizzle of **balsamic vinegar** and **olive oil**. Add **salad leaves** and **pear**. Toss to combine.



6 Serve up

Divide mushroom spaghetti bolognese between bowls. Sprinkle over **grated Parmesan cheese**. Serve with pear salad.

Enjoy!