



Lentil Bolognese

with Spinach, Mushrooms and Linguine

Classic Eat me Early 25 Minutes • 1 of your 5 a day • Veggie

N° 21



Chestnut Mushrooms



Brown Lentils



Flat Leaf Parsley



Walnuts



Linguine



Italian Herbs



Tomato Puree



Finely Chopped Tomatoes with Onion and Garlic



Red Wine Stock Paste



Baby Spinach



Grated Hard Italian Style Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Kettle, Cutting Board, Knife, Sieve, Frying Pan, Saucepan, Colander and Bowls.

Ingredients

	2P	3P	4P
Chestnut			
Mushrooms**	150g	225g	300g
Brown Lentils	1 carton	1½ carton	2 cartons
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Walnuts 2)	20g	20g	40g
Linguine 13)	200g	300g	400g
Italian Herbs	½ sachet	¾ sachet	1 sachet
Tomato Puree	1 sachet	1½ sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½carton	2 cartons
Water for the Lentils*	100ml	150ml	200ml
Red Wine Stock Paste 14)	1 sachet	1 sachet	2 sachets
Baby Spinach**	100g	150g	200g
Grated Hard Italian Style Cheese 7) 8)**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	604g	100g
Energy (kJ/kcal)	3351 / 753	522 / 125
Fat (g)	16	3
Sat. Fat (g)	5	1
Carbohydrate (g)	114	19
Sugars (g)	20	3
Protein (g)	35	6
Salt (g)	4.66	0.77

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 8) Egg 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

Packed in the UK

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 You can recycle me!



Prep Time

Fill and boil your kettle. Slice the **mushrooms**. Drain and rinse the **lentils** in a sieve, crush **half** of the **lentils** using a fork. Roughly chop the **parsley** (stalks and all). Roughly chop the **walnuts**.



Start The Sauce

Heat a splash of **oil** in a large frying pan over high heat. When hot, add the **mushrooms** and cook until browned 3-4 mins, stirring occasionally.



Cook the Pasta

Meanwhile, fill a large saucepan with the boiled **water** and ½ tsp **salt** for the **linguine**, pop on a high heat and bring to the boil. When boiling, add the **linguine** and cook until tender, 12 mins. Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Simmer the Sauce

Whilst the **pasta** cooks, add the **Italian herbs**, **tomato puree** and both the crushed and whole **lentils** to the **mushrooms**. Cook stirring for a minute, then pour in the **chopped tomatoes** and **water** (see ingredients for amount). Stir in the **red wine stock paste**. Reduce the heat and simmer until thickened, 8-10 mins, stirring occasionally. Once cooked, add the **spinach** to the **lentils** a handful at a time and cook until wilted and piping hot, 1-2 mins.



Make the Topping

Next, in a small bowl, mix the **walnuts** with the **parsley**, **half** the **grated hard Italian style cheese** and a drizzle of **olive oil**.



Serve

Taste and season your **sauce** with **salt** and **pepper** if necessary. Combine the **linguine** with the **lentil bolognese**. Stir in the remaining **cheese** and divide the **mixture** between your bowls. Finish with **dollops** of the **cheesy parsley and nut mixture**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.