



PORCINI MUSHROOM SPAGHETTI BOLOGNESE

with Rocket & Pear Salad



Make a meat-free spaghetti bolognese



Dried Porcini Mushrooms



Button Mushrooms



Oregano



Brown Onion



Celery



Garlic



Carrot



Parmesan Cheese



Spaghetti



Tomato Paste



Crushed & Sieved Tomatoes



Pear



Rocket Leaves



Vegetable Stock

Hands-on: 25 mins
Ready in: 30 mins

Vegetarians can still get a rich, hearty and satisfying bowl of pasta with this bolognese based on two types of 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!"

Each week, we search the country to source the best ingredients, with a focus on quality and variety. This week's basil was in short supply, so we've replaced it with oregano. Don't worry, the recipe will be just as delicious!

Pantry Staples: Olive Oil, Butter, Brown Sugar, Balsamic Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large saucepan** • **large frying pan**



1 GET PREPPED

Bring a kettle of water to the boil. Bring a large saucepan of salted water to the boil. In a heatproof jug or bowl, combine the **boiling water** from the kettle (**3/4 cup for 2 people / 1 1/2 cups for 4 people**) and **dried porcini mushrooms**. Set aside. Thinly slice the **button mushrooms** (see ingredients list). Pick and finely chop the **oregano**.



2 COOK THE MUSHROOMS

In a large frying pan, heat **1/2 the butter** and a **drizzle of olive oil** over a medium-high heat. When the butter has melted, add the sliced **mushrooms** and cook, stirring occasionally, until golden and browned, **5-7 minutes**. Season with a **pinch of salt and pepper**. While the mushrooms are cooking, finely chop the **brown onion**. Finely chop the **celery**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Grate the **Parmesan cheese** (see ingredients list).



3 COOK THE SPAGHETTI

Add the **spaghetti** to the saucepan of boiling water and cook until 'al dente', **9 minutes**. Drain the pasta, reserving some **pasta water (1/2 cup for 2 people / 1 cup for 4 people)**, then **drizzle with olive oil** to prevent sticking. Remove the **porcini mushrooms**, reserving the liquid, and roughly chop.



4 COOK THE BOLOGNESE SAUCE

Add the **onion, carrot and celery** to the **mushrooms** and cook until soft, **6 minutes**. Add the **garlic, oregano and tomato paste** and cook until fragrant, **1 minute**. Add the **crushed & sieved tomatoes** (see ingredients list), **porcini mushrooms**, crumbled **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)**, the **salt, brown sugar** and a **splash of reserved pasta water**. Add the **porcini liquid**. Simmer over a medium heat until thickened, **5 minutes**.



5 MAKE THE SALAD

While the sauce is simmering, thinly slice the **pear**. In a large bowl, add the pear, **rocket leaves, balsamic vinegar and olive oil (2 tsp for 2 people / 4 tsp for 4 people)**. Toss to combine. When the bolognese sauce has finished simmering, add the **remaining butter** to the sauce and season to taste with **salt and pepper**. Add the **spaghetti** to the pan and toss to coat. **TIP:** Loosen with a little more reserved pasta water if needed.



6 SERVE UP

Divide the porcini mushroom spaghetti bolognese between plates. Top with the grated Parmesan cheese. Serve with the rocket and pear salad.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
boiling water*	¾ cup	1½ cups
dried porcini mushrooms	1 packet	2 packets
button mushrooms	½ packet (125 g)	1 packet (250 g)
oregano	1 bunch	2 bunches
butter*	40g	80g
brown onion	1	2
celery	1 stalk	2 stalks
garlic	2 cloves	4 cloves
carrot	1	2
Parmesan cheese	½ block (25 g)	1 block (50 g)
spaghetti	1 packet	2 packets
tomato paste	1 sachet	2 sachets
crushed & sieved tomatoes	½ tin (200 g)	1 tin (400 g)
vegetable stock	1 cube	2 cubes
salt*	½ tsp	1 tsp
brown sugar*	1 tsp	2 tsp
pear	1	2
rocket leaves	1 bag (30 g)	1 bag (60 g)
balsamic vinegar*	1 tsp	2 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3020kJ (723Cal)	563kJ (134Cal)
Protein (g)	28.6g	5.3g
Fat, total (g)	22.3g	4.1g
- saturated (g)	13.9g	2.6g
Carbohydrate (g)	95.5g	17.7g
- sugars (g)	19.9g	3.7g
Sodium (g)	1140mg	212mg

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
[Hello@HelloFresh.co.nz](mailto>Hello@HelloFresh.co.nz)

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