



Plant Based Spaghetti Bolognese with Crunchy Garlic Rosemary Crumb

Classic 45 Minutes • 1.5 of your 5 a day • Veggie

20



Onion



Carrot



Garlic Clove



Rosemary



Sliced Mushrooms



Vivera Veggie Plant-Based Minced



Red Wine Stock Paste



Finely Chopped Tomatoes with Basil



Spaghetti



Panko Breadcrumbs

Before you start

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

Cooking tools, you will need:

Fine Grater (or Garlic Press), Saucepan, Measuring Jug, Saucepan, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Carrot**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Rosemary**	½ bunch	¾ bunch	1 bunch
Sliced	1 small punnet	1 large punnet	2 small punnets
Mushrooms**			
Vivera Veggie Plant-Based Mince 11 **	1 pack	1½ packs	2 packs
Red Wine Stock Paste 14	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Water*	150ml	225ml	300ml
Spaghetti 13	200g	300g	400g
Panko Breadcrumbs 13	10g	20g	25g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	691g	100g
Energy (kJ/kcal)	2870 /686	416 /99
Fat (g)	3	1
Sat. Fat (g)	1	1
Carbohydrate (g)	116	17
Sugars (g)	28	4
Protein (g)	42	6
Salt (g)	4.43	0.64

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya **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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1 Prep

Halve, peel and chop the **onion** into small pieces. Trim the **carrot**, then quarter lengthways (no need to peel), then chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press). Pick the **rosemary leaves** from their stalks and finely chop (discard the stalks).



2 Start the Sauce

Heat a drizzle of **oil** in a large saucepan on medium-high heat. When hot, add the **chopped onion** and **carrot**, cook, stirring frequently until starting to soften, 3-4 mins. Add the **sliced mushroom** and cook until starting to brown, 3-4 mins. Once everything has cooked down, add **half** of the **garlic** and cook for a further 1 minute.



3 Finish the Sauce

Once the **garlic** has cooked, add the **Vivera mince**, **red wine stock paste**, **finely chopped tomatoes** and **water** (see ingredients for amount). Season with **salt** and **pepper**, stir well to combine and simmer without a lid until thickened, 15-20 mins. Add a splash of **water** if it's a bit thick.



4 Pasta Time

Meanwhile, bring a saucepan of **water** to the boil with ½ tsp **salt**. When boiling, add the **spaghetti** (see ingredients for amount). Cook until tender, 12 mins, then drain in a colander and pop back into the pan, drizzle with **oil** and stir through to stop it sticking together.



5 Crumbs!

Whilst everything cooks, heat a drizzle of **oil** in a small frying pan on a medium-high heat. When hot, add the remaining **garlic** and the **rosemary**. Season with **salt** and **pepper**. Cook stirring frequently for one minute. Add the **panko breadcrumbs** and cook stirring frequently until golden brown, 2-3 mins.



6 Time to Serve

Once everything is cooked, add the **spaghetti** to the **bolognese** and stir to combine. Reheat if necessary. Share the **spaghetti bolognese** between your bowls and sprinkle the **crumb** on top.

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.