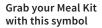


Plant-Based Mince & Basil Pesto Spaghetti

with Flaked Almonds & Garden Salad

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR









Spaghetti







Carrot



Plant-Based







Vegetable Stock

Tomato Sugo

Powder

Plant-Based



Basil Pesto



Flaked Almonds



Prep in: 20-30 mins Ready in: 30-40 mins

Plant-Based* *Custom Recipe is not Plant-Based Here's the perfect dish for Meat Free Monday: our plant-based mince is the ideal substitute for beef mince, working a treat with the basil pesto-laced red sauce. Al dente spaghetti brings the two components together, and makes sure that none of the delicious sauce goes to waste.

Pantry items

Olive Oil, Brown Sugar, Plant-Based Butter, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

 $Large\ saucepan \cdot Large\ frying\ pan$

Ingredients

ingi edients			
	2 People	4 People	
olive oil*	refer to method	refer to method	
spaghetti	1 medium packet	2 medium packets	
apple	1/2	1	
carrot	1	2	
garlic	2 cloves	4 cloves	
plant-based mince	1 packet	2 packets	
garlic & herb seasoning	1 medium sachet	1 large sachet	
tomato sugo	1 packet	2 packets	
brown sugar*	½ tbs	1 tbs	
vegetable stock powder	1 medium sachet	1 large sachet	
plant-based butter*	20g	40g	
plant-based basil pesto	1 medium packet	2 medium packets	
mixed salad leaves	1 small packet	1 medium packet	
vinegar* (white wine or balsamic)	drizzle	drizzle	
flaked almonds	1 medium packet	1 large packet	
beef mince**	1 small packet	2 small packets OR 1 large packet	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3506kJ (838Cal)	804kJ (192Cal)
Protein (g)	31.2g	7.2g
Fat, total (g)	36.2g	8.3g
- saturated (g)	6.2g	1.4g
Carbohydrate (g)	90.4g	20.7g
- sugars (g)	18.5g	4.2g
Sodium (mg)	1732mg	397mg
Custom Recipe		

Avg Qty Energy (kJ) 3599kJ (860Cal) 781kJ (187Cal) Protein (g) 42.9g 9.3g Fat, total (g) 36.8g 8g - saturated (g) 9g 2g Carbohydrate (g) 85g 18.4g - sugars (g) 17.4g 3.8g

1208mg

262mg

The quantities provided above are averages only.

Allergens

Sodium (mg)

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the pasta

- Half-fill a large saucepan with water. Add a generous pinch of salt, then bring to the boil over high heat.
- Cook **spaghetti** in the boiling water until 'al dente', **10 minutes**.
- Reserve some pasta water (1/3 cup for 2 people / 2/3 cup for 4 people). Drain spaghetti, then return to saucepan.

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



Get prepped

- While the pasta is cooking, cut apple (see ingredients) into thin wedges.
- Grate carrot.
- Finely chop garlic.



Start the sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook plant-based mince, breaking up with a spoon, until just browned, 4-5 minutes.
- Add garlic & herb seasoning and garlic and cook until fragrant, 1 minute.

Custom Recipe: If you've swapped to beef mince, heat a large frying pan over high heat. Cook beef mince (no need for oil!), breaking up with a spoon, until just browned, 3-4 minutes.



Finish the sauce

- Add tomato sugo, the brown sugar, vegetable stock powder, plant-based butter and reserved pasta water. Cook until slightly thickened, 2-3 minutes.
- Add plant-based basil pesto and cooked spaghetti. Toss to coat. Season to taste. Remove pan from heat.



Make the salad

 In a medium bowl, combine apple, carrot, mixed salad leaves and a drizzle of vinegar and olive oil. Season to taste.



Serve up

- Divide plant-based mince and pesto spaghetti between plates. Top with **flaked almonds**.
- · Serve with garden salad. Enjoy!

Custom Recipe: Divide beef mince and pesto spaghetti between plates as above.

