



Plant-Based Mince & Basil Pesto Spaghetti

with Flaked Almonds & Garden Salad

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Spaghetti



Apple



Carrot



Garlic



Plant-Based Mince



Garlic & Herb Seasoning



Tomato Sugo



Vegetable Stock Powder



Plant-Based Basil Pesto



Mixed Salad Leaves



Flaked Almonds



Beef Mince

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.

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

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
spaghetti	1 medium packet	2 medium packets
apple	½	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	Per Serving	Per 100g
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
Sodium (mg)	1208mg	262mg

The quantities provided above are averages only.

Allergens

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.

1



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** (½ cup for 2 people / ¾ cup for 4 people). Drain **spaghetti**, then return to saucepan.

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

4



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.

2



Get prepped

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

5



Make the salad

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

3



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.

6



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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW11

