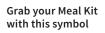


# Plant-Based Mince & Basil Pesto Spaghetti

with Flaked Almonds & Citrus Garden Salad

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR









Spaghetti





Carrot



Plant-Based Mince







Vegetable Stock







Plant-Based **Basil Pesto** 

Mixed Salad Leaves





Flaked Almonds



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



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.

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

**Pantry items** 

### 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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
spaghetti	1 medium packet	2 medium packets		
orange	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		
passata	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		
Parmesan cheese**	1 medium packet	1 large packet		

<sup>\*</sup>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
Dietary Fibre (g)	15.7g	3.6g

#### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3714kJ</b> (888Cal)	827kJ (198Cal)
Protein (g)	35.3g	7.9g
Fat, total (g)	39.8g	8.9g
- saturated (g)	8.9g	2g
Carbohydrate (g)	90.7g	20.2g
- sugars (g)	18.6g	4.1g
Sodium (mg)	1865mg	415mg
Dietary Fibre	15.7g	3.5g

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.



# 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 spaghetti is cooking, peel and slice orange (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.



## Finish the sauce

- Add passata, the brown sugar, vegetable stock powder, the plant-based butter and reserved pasta water. Cook, stirring, 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 orange, 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 citrus garden salad. Enjoy!

**Custom Recipe:** If you've added Parmesan cheese, top plant-based mince and pesto spaghetti with Parmesan cheese to serve.

