



Plant-Based Mince & Basil Pesto Spaghetti

with Flaked Almonds & Citrus Garden Salad

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Spaghetti



Orange



Carrot



Garlic



Plant-Based Mince



Garlic & Herb Seasoning



Passata



Vegetable Stock Powder



Plant-Based Basil Pesto



Mixed Salad Leaves



Flaked Almonds



Parmesan Cheese

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
orange	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
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

*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)	3714kJ (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 (g)	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.

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 **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.

2



Get prepped

- While the spaghetti is cooking, peel and slice **orange** (see ingredients) into thin wedges.
- Grate **carrot**.
- Finely chop **garlic**.

5



Make the salad

- In a medium bowl, combine **orange**, **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**.

6



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.

We're here to help!

Scan here if you have any questions or concerns

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