



Plant-Based Mince & Basil Pesto Spaghetti

with Garlic-Almond Pangrattato & Garden Salad

ALTERNATIVE PROTEIN

Grab your Meal Kit with this symbol



Spaghetti



Garlic



Panko Breadcrumbs



Slivered Almonds



Apple



Carrot



Garlic & Herb Seasoning



Passata



Vegetable Stock Powder



Mixed Salad Leaves



Plant-Based Mince



Plant-Based Basil Pesto

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

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

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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	1 large packet
garlic	2 cloves	4 cloves
panko breadcrumbs	1 medium packet	1 large packet
slivered almonds	1 medium packet	1 large packet
apple	½	1
carrot	1	2
vinegar* (white wine or balsamic)	drizzle	drizzle
plant-based mince	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
passata	2 boxes	4 boxes
brown sugar*	½ tbs	1 tbs
vegetable stock powder	1 medium sachet	1 large sachet
plant-based butter*	30g	60g
plant-based basil pesto	1 medium packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4478kJ (1070Cal)	730kJ (174Cal)
Protein (g)	37.5g	6.1g
Fat, total (g)	45.6g	7.4g
- saturated (g)	7.5g	1.2g
Carbohydrate (g)	119.2g	19.4g
- sugars (g)	25.9g	4.2g
Sodium (mg)	1977mg	322mg

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** (1/4 cup for 2 people / 1/2 cup for 4 people). Drain **spaghetti**, then return to saucepan.

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



Start the sauce

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



Make the pangrattato

- Meanwhile, finely chop **garlic**.
- In a large frying pan, heat a good drizzle of **olive oil** over medium-high heat.
- Cook **panko breadcrumbs**, stirring, until golden brown, **3 minutes**.
- Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**.
- Transfer to a bowl. Add **slivered almonds**, then season with **salt** and **pepper** to taste.



Finish the sauce

- Add **passata**, the **brown sugar**, **vegetable stock powder**, the **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.
- To the bowl with the **dressing**, add **mixed salad leaves**, **apple** and **carrot**. Toss to coat.



Prep the salad

- Cut **apple** (see ingredients) into thin wedges
- Grate **carrot**. Set aside.
- In a medium bowl, combine a drizzle of **vinegar** and **olive oil**. Season, then set aside.



Serve up

- Divide plant-based mince and pesto spaghetti between plates. Top with garlic-almond pangrattato.
- Serve with garden salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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