



# LENTIL BOLOGNESE & CAMELISED CHERRY TOMATOES

## with Parmesan & Potato Mash



Use lentils to make a vegetarian bolognese



Thyme



Cherry Tomatoes



Potato



Brown Onion



Garlic



Carrot



Celery



Lentils



Italian Herbs



Tomato Paste



Passata



Vegetable Stock



Parsley



Grated Parmesan Cheese

**Hands-on: 25 mins**  
**Ready in: 30 mins**  
 Naturally gluten-free  
 Not suitable for Coeliacs

Introducing our new veggie-licious version of this Italian cult classic: lentil bolognese! With all the flavour of the original, but lentils taking the place of minced meat and mashed potato to soak up the sauce, you'll be saying 'La dolce vita!' after every bite.

**Pantry Staples:** Olive Oil, Balsamic Vinegar, Brown Sugar, Milk, Butter

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- oven tray lined with **baking paper**
- large **saucepan**
- large **frying pan**



### 1 ROAST THE CHERRY TOMATOES

Preheat the oven to **220°C/200°C fan-forced**. Bring a large saucepan of lightly salted water to the boil. Pick the **thyme** leaves. Place the **cherry tomatoes**, **thyme**, **balsamic vinegar**, **1/2 the brown sugar**, a **drizzle of olive oil** and a **good pinch of salt and pepper** on an oven tray lined with baking paper. Toss to coat, then roast until blistered and lightly charred, **20-25 minutes**.



### 2 GET PREPPED

While the tomatoes are roasting, peel the **potato** and cut into 2cm chunks. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled) and **celery** (or finely chop if you prefer!). Drain and rinse the **lentils**.



### 3 MAKE THE MASHED POTATO

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **milk**, the **salt** and **2/3 of the butter** and mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



### 4 START THE BOLOGNESE

While the **potato** is cooking, heat a **good drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **onion**, **carrot** and **celery** and cook, stirring, until softened, **5-6 minutes**. Add the **garlic** and **Italian herbs** and cook until fragrant, **1 minute**.



### 5 MAKE IT SAUCY

Add the **tomato paste** to the frying pan and cook, stirring, until well combined, **2 minutes**. Add the **lentils**, **passata**, **water** and crumbled **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)** and stir until well combined. Reduce the heat to medium and add the **remaining brown sugar** and **butter**. Simmer until thickened slightly, **4-5 minutes**. Season to taste with **salt** and **pepper**. While the sauce is simmering, roughly chop the **parsley**.



### 6 SERVE UP

Divide the mashed potato between bowls. Top with the lentil bolognese and **grated Parmesan cheese**. Spoon over the caramelised cherry tomatoes and sprinkle with the parsley.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
thyme	1 bunch	1 bunch
cherry tomatoes	1 punnet	2 punnets
balsamic vinegar*	2 tsp	1 tbs
brown sugar*	1½ tsp	3 tsp
potato	2	4
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
celery	1 stalk	2 stalks
lentils	1 tin	2 tins
milk*	2 tbs	4 tbs
salt*	¼ tsp	½ tsp
butter*	60 g	120 g
Italian herbs	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
passata	½ box (250 g)	1 box (500 g)
water*	½ cup	1 cup
vegetable stock	1 cube	2 cubes
parsley	1 bunch	1 bunch
grated Parmesan cheese	1 packet (30 g)	2 packets (60 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2760kJ (658Cal)	327kJ (78Cal)
Protein (g)	22.2g	2.6g
Fat, total (g)	29.6g	3.5g
- saturated (g)	19.9g	2.4g
Carbohydrate (g)	63.6g	7.5g
- sugars (g)	24.3g	2.9g
Sodium (g)	1300mg	154mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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