



Lentil Pesto Bolognese & Mash

with Parmesan & Caramelised Cherry Tomatoes

Grab your Meal Kit with this symbol



Thyme



Cherry/Snacking Tomatoes



Potato



Garlic



Lentils



Soffritto Mix



Italian Herbs



Fennel Seeds (Optional)



Passata



Basil Pesto



Vegetable Stock Powder



Grated Parmesan Cheese



Parsley



Grated Parmesan Cheese

Prep in: 25-35 mins
Ready in: 30-40 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.



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

Pantry items

Olive Oil, Balsamic Vinegar, Butter, Milk, Brown Sugar

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 with a lid · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
thyme	1 bag	1 bag
cherry/snacking tomatoes	1 punnet	2 punnets
balsamic vinegar*	2 tsp	1 tbs
potato	2	4
garlic	2 cloves	4 cloves
lentils	1 tin	2 tins
butter* (for the mash)	40g	80g
milk*	2 tbs	¼ cup
soffritto mix	1 medium bag	1 large bag
Italian herbs	1 medium sachet	1 large sachet
fennel seeds (optional)	½ sachet	1 sachet
passata	1 box	2 boxes
basil pesto	1 packet (50g)	1 packet (100g)
water*	½ cup	1 cup
vegetable stock powder	1 medium sachet	1 large sachet
butter* (for the sauce)	20g	40g
brown sugar*	1 tsp	2 tsp
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
parsley	1 bag	1 bag
grated Parmesan cheese**	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3388kJ (810Cal)	403kJ (96Cal)
Protein (g)	25.5g	3g
Fat, total (g)	44.6g	5.3g
- saturated (g)	20.8g	2.5g
Carbohydrate (g)	68.5g	8.2g
- sugars (g)	24.7g	2.9g
Sodium (mg)	1540mg	183mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3621kJ (865Cal)	424kJ (101Cal)
Protein (g)	30.3g	3.5g
Fat, total (g)	48.7g	5.7g
- saturated (g)	23.7g	2.8g
Carbohydrate (g)	68.5g	8g
- sugars (g)	24.7g	2.9g
Sodium (mg)	1692mg	198mg

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://www.hellofresh.com.au/contact)

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Roast the cherry tomatoes

Preheat oven to **220°C/200°C fan-forced**. Bring a large saucepan of lightly salted water to the boil. Pick **thyme** leaves. Place **cherry tomatoes** and **thyme** on a lined oven tray. Add the **balsamic vinegar** and drizzle with **olive oil**. Season with **salt** and **pepper**. Toss to coat. Roast until blistered and lightly charred, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the cherry tomatoes between two trays.



Start the bolognese

While the potato is cooking, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **soffritto mix**, stirring, until softened, **5-6 minutes**. Add **garlic**, **Italian herbs** and a pinch of **fennel seeds** (if using) and cook until fragrant, **1 minute**.



Get prepped

While the tomatoes are roasting, peel **potato** and cut into large chunks. Finely chop **garlic**. Drain and rinse **lentils**.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Make it saucy

Stir in **lentils**, **passata**, **basil pesto**, the **water** and **vegetable stock powder** until well combined. Reduce heat to medium and add the **butter (for the sauce)** and the **brown sugar**. Simmer until thickened slightly, **4-5 minutes**. Season to taste.



Make the mash

Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan. Add the **butter (for the mash)** and the **milk** and season generously with **salt**. Mash until smooth. Cover to keep warm.



Serve up

Divide the mash between bowls. Top with the lentil pesto bolognese and **grated Parmesan cheese**. Spoon over the caramelised cherry tomatoes. Tear over **parsley** leaves to serve.

CUSTOM RECIPE

If you've doubled your grated Parmesan cheese, sprinkle it over the bolognese.

Enjoy!