



# Lentil Pesto Bolognese & Mash

with Parmesan & Caramelised Cherry Tomatoes

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Snacking Tomatoes



Potato



Garlic



Lentils



Italian Herbs



Chilli Flakes (Optional)



Passata



Vegetable Stock Powder



Parsley



Soffritto Mix



Basil Pesto



Shaved Parmesan Cheese



Diced Bacon

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

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.

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

## You will need

Large saucepan · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
snacking tomatoes	1 punnet	2 punnets
<b>balsamic vinegar*</b>	2 tsp	1 tbs
potato	2	4
garlic	2 cloves	4 cloves
lentils	1 tin	2 tins
<b>butter*</b> (for the mash)	40g	80g
<b>milk*</b>	2 tbs	¼ cup
soffritto mix	1 medium bag	1 large bag
Italian herbs	1 medium sachet	1 large sachet
chilli flakes (optional)	1 medium sachet	1 large sachet
passata	1 box	2 boxes
basil pesto	1 medium packet	2 medium packets
<b>water*</b>	½ cup	1 cup
vegetable stock powder	1 medium sachet	1 large sachet
<b>butter*</b> (for the sauce)	20g	40g
<b>brown sugar*</b>	1 tsp	2 tsp
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
parsley	1 bag	1 bag
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3134kJ (749Cal)	447kJ (107Cal)
Protein (g)	22.5g	3.2g
Fat, total (g)	44.1g	6.3g
- saturated (g)	20.8g	3g
Carbohydrate (g)	58.7g	8.4g
- sugars (g)	17g	2.4g
Sodium (mg)	1484mg	212mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3522kJ (842Cal)	472kJ (113Cal)
Protein (g)	29.4g	3.9g
Fat, total (g)	50.8g	6.8g
- saturated (g)	23.3g	3.1g
Carbohydrate (g)	59.5g	8g
- sugars (g)	17.5g	2.3g
Sodium (mg)	1914mg	257mg

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.

## We're here to help!

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## Roast the tomatoes

- Preheat oven to **220°C/200°C fan-forced**. Bring a large saucepan of lightly salted water to the boil.
- Place **snacking tomatoes** 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**.



## Start the bolognese

- While 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 **chilli flakes** (if using) and cook, stirring, until fragrant, **1 minute**.

**Custom Recipe:** If you've added diced bacon, cook diced bacon with the soffritto mix as above, breaking up with a spoon, 7-8 minutes.



## Get prepped

- While 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 **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 **milk** and season generously with **salt**. Mash until smooth. Cover to keep warm.



## Serve up

- Divide the mash between bowls. Top with lentil pesto bolognese and **shaved Parmesan cheese**.
- Spoon over the caramelised snacking tomatoes. Tear over **parsley** to serve. Enjoy!

## Rate your recipe

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