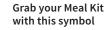


# Lentil Pesto Bolognese & Mash

with Parmesan & Caramelised Cherry Tomatoes

CLIMATE SUPERSTAR









**Snacking Tomatoes** 





Italian Herbs

Chilli Flakes (Optional)





Vegetable Stock





Parsley

Soffritto Mix





**Basil Pesto** 

**Shaved Parmesan** Cheese





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.

**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

ingi caicii	CO	
	2 People	4 People
olive oil*	refer to method	refer to method
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	1/4 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
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
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
parsley	1 bag	1 bag
diced bacon**	1 packet (90g)	1 packet (180g)

<sup>\*</sup>Pantry Items \*\* Custom Recipe Ingredient

## **Nutrition**

	Per 100g	Per Serving	Avg Qty
l)	447kJ (107Cal	3134kJ (749Cal)	Energy (kJ)
	3.2g	22.5g	Protein (g)
	6.3g	44.1g	Fat, total (g)
	3g	20.8g	- saturated (g)
	8.4g	58.7g	Carbohydrate (g)
	2.4g	17g	- sugars (g)
	212mg	1484mg	Sodium (mg)
	_		Custom Recipe
	Per 100g	Per Serving	Custom Recipe Avg Qty
l)	Per 100g 472kJ (113Cal	Per Serving 3522kJ (842Cal)	
l)			Avg Qty
l)	<b>472kJ</b> (113Cal	3522kJ (842Cal)	Avg Qty Energy (kJ)
l)	472kJ (113Cal 3.9g	3522kJ (842Cal) 29.4g	Avg Qty Energy (kJ) Protein (g)
l)	472kJ (113Cal 3.9g 6.8g	3522kJ (842Cal) 29.4g 50.8g	Avg Qty Energy (kJ) Protein (g) Fat, total (g)
l)	472kJ (113Cal 3.9g 6.8g 3.1g	3522kJ (842Cal) 29.4g 50.8g 23.3g	Avg Qty Energy (kJ) Protein (g) Fat, total (g) - saturated (g)
l	3.2g 6.3g 3g 8.4g 2.4g	22.5g 44.1g 20.8g 58.7g 17g	Protein (g) Fat, total (g) - saturated (g) Carbohydrate (g) - sugars (g)

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.

#### We're here to help!

Scan here if you have any questions or concerns

**2022** | CW49



#### 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.



## 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 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.



## 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.



## Make it saucu

- 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.



## 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!



We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate