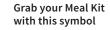


Lentil Pesto Bolognese & Mash with Parmesan & Caramelised Cherry Tomatoes

CLIMATE SUPERSTAR









Snacking Tomatoes





Soffritto Mix

Italian Herbs





Chilli Flakes (Optional)

Passata







Basil Pesto

Vegetable Stock

Parsley







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

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

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

Ingredients

9		
	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 packet	2 packets
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)	pinch	pinch
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)
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*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3147kJ (752Cal)	449kJ (107Cal)
Protein (g)	23.4g	3.3g
Fat, total (g)	44g	6.3g
- saturated (g)	20.6g	2.9g
Carbohydrate (g)	58.1g	8.3g
- sugars (g)	17.1g	2.4g
Sodium (mg)	1479mg	211mg
Custom Recine		

474kJ (113Cal) Energy (kJ) 3536kJ (845Cal) Protein (g) 30.1g Fat, total (g) 50.9g 6.8g 23.2g 3.1g - saturated (g) Carbohydrate (g) 59g 7.9g - sugars (g) 17.6g 2.4g Sodium (mg) 1911mg 256mg

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





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 a drizzle of 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.
- 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 veggies as above, breaking up bacon with a spoon, until browned, 7-8 minutes.



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.



Serve up

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

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