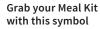


Lentil Pesto Bolognese & Mash with Parmesan & Caramelised Cherry Tomatoes

CLIMATE SUPERSTAR









Garlic

Lentils





Soffritto Mix

Italian Herbs



Chilli Flakes (Optional)

Passata





Vegetable Stock

Basil Pesto



Shaved Parmesan Cheese

Parsley



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

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.

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

	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
	pinch 1 box	pinch 2 boxes
(optional)		
(optional) passata	1 box	2 boxes
(optional) passata basil pesto	1 box 1 packet	2 boxes 2 packets
(optional) passata basil pesto water * vegetable stock	1 box 1 packet ½ cup	2 boxes 2 packets 1 cup
(optional) passata basil pesto water* vegetable stock powder butter*	1 box 1 packet ½ cup 1 medium sachet	2 boxes 2 packets 1 cup 1 large sachet
(optional) passata basil pesto water* vegetable stock powder butter* (for the sauce)	1 box 1 packet ½ cup 1 medium sachet 20g	2 boxes 2 packets 1 cup 1 large sachet 40g
(optional) passata basil pesto water* vegetable stock powder butter* (for the sauce) brown sugar* shaved Parmesan	1 box 1 packet ½ cup 1 medium sachet 20g 1 tsp	2 boxes 2 packets 1 cup 1 large sachet 40g 2 tsp
(optional) passata basil pesto water* vegetable stock powder butter* (for the sauce) brown sugar* shaved Parmesan cheese	1 box 1 packet ½ cup 1 medium sachet 20g 1 tsp 1 packet (26g)	2 boxes 2 packets 1 cup 1 large sachet 40g 2 tsp 1 packet (52g)

*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 Recipe		

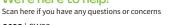
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The quantities provided above are averages only.

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!







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 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 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.



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,
 2-3 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 carrot 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!

Rate your recipe Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate