



LENTIL, CAPER & CHERRY TOMATO LINGUINE

with Shaved Parmesan Cheese



Make a lentil based pasta



Garlic



Thyme



Cherry Tomatoes



Carrot



Zucchini



Lentils



Linguine



Capers



Chilli Flakes (Optional)



Tomato Paste



Passata



Vegetable Stock



Basil



Shaved Parmesan Cheese

Hands-on: **30 mins**
 Ready in: **35 mins**
 Spicy (optional chilli flakes)

Bolognese is a classic comfort food and a favourite in most Aussie households. This veggie twist on the traditional dish is also speedy and packs a ton of flavour into the rich sauce with capers and basil. It will get you licking your lips and yelling "Bellissimo!" - with good reason!

Pantry Staples: Olive Oil, Butter, Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium saucepan** • **large frying pan**



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Finely chop the **garlic** (or use a garlic press). Pick the **thyme** leaves. Halve the **cherry tomatoes**. Grate the **carrot** (unpeeled) and **zucchini**. Drain and rinse the **lentils**.



2 COOK THE LINGUINE

Add the **linguine** to the saucepan of boiling water and cook for **9 minutes**, or until 'al dente'. Reserve **1 cup** of **cooking water** then drain the pasta and return it to the saucepan. **Drizzle** with **olive oil** to prevent sticking.



3 MAKE THE SAUCE

While the linguine is cooking, heat the **olive oil** (**2 tbs for 2 people / 1/3 cup for 4 people**) in a large frying pan over a medium-high heat. Add the **garlic**, **thyme**, drained **capers** (if using) and a **pinch** of **chilli flakes** (if using). Cook for **1-2 minutes** or until fragrant. Add the **tomato paste** and cook, stirring, for **1-2 minutes** or until slightly darkened. Add the **carrot**, **zucchini** and **cherry tomatoes** and cook, stirring, for **3-4 minutes**, or until tender.



4 CONTINUE PREPPING

Add the **passata** (see ingredients list), **cooking water** (**1/2 cup for 2 people / 1 cup for 4 people**) and **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**) and simmer for **5 minutes**, or until slightly thickened.

TIP: Simmer the sauce for longer if you like it thicker! Add the **lentils** and simmer for a further **5 minutes**, or until thickened.



5 FINISH THE SAUCE

While the sauce is cooking, pick and tear the **basil** leaves. Once the sauce has finished, add the **basil** (reserve some for the garnish!) and **butter** to the sauce and stir through until melted. Season to taste with **salt**, **sugar** and **pepper**. **TIP:** Adding butter, salt and sugar to your sauce reduces the acidity from the cherry tomatoes and passata.



6 SERVE UP

Divide the linguine between bowls and spoon over the lentil & cherry tomato sauce. Sprinkle over the **shaved Parmesan cheese** and garnish with the remaining basil.

TIP: You can toss the sauce and pasta in the saucepan if you like!

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
thyme	1 bunch	1 bunch
cherry tomatoes	1 punnet	2 punnets
carrot	1	2
zucchini	1	2
lentils	1 tin	2 tins
linguine	1 packet	2 packets
capers (optional)	1 tub (25 g)	2 tubs (50g)
chilli flakes (optional)	pinch	pinch
tomato paste	1 sachet	2 sachets
passata	¼ box (400 ml)	1½ boxes (800 ml)
vegetable stock	1 cube	2 cubes
basil	1 punnet	1 punnet
butter*	20 g	40 g
sugar*	pinch	pinch
shaved Parmesan cheese	1 packet (30 g)	2 packets (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3220kJ (770Cal)	362kJ (86Cal)
Protein (g)	33.8g	3.8g
Fat, total (g)	14.6g	1.6g
- saturated (g)	9.7g	1.1g
Carbohydrate (g)	111g	12.5g
- sugars (g)	23.7g	2.7g
Sodium (g)	1310mg	147mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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