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Mushroom & Lentil Bolognese

You simply won't believe the richness of this bolognese, packed with tasty filling lentils and the rich umami flavour of mushrooms. With sweet cherry tomatoes and fresh basil, every mouthful of this updated classic is oozing with authentic Italian flavours.



Prep: 15 mins
Cook: 25 mins
Total: 40 mins



level 2



low fat



high fibre

Pantry Items



Olive Oil



Red Wine Vinegar



Water



Brown Onion



Carrot



Mushrooms



Garlic



Tomato Paste



Cherry Tomatoes



Lentils



Basil



Spaghetti



Parmesan Cheese

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| 2P | 4P | Ingredients | |
|----------|-----------|--|---|
| 2 tsp | 1 tbs | olive oil * | |
| ½ | 1 | brown onion, finely chopped | ⊕ |
| 1 | 2 | carrot, peeled & finely diced | ⊕ |
| 1 punnet | 2 punnets | mushrooms, finely diced | |
| 1 clove | 2 cloves | garlic, peeled & crushed | |
| 1 tbs | 2 tbs | tomato paste | |
| ½ punnet | 1 punnet | cherry tomatoes | ⊕ |
| 1 tbs | 2 tbs | red wine vinegar * | |
| ½ cup | 1 cup | water * | |
| 1 tin | 2 tins | lentils, rinsed & drained | |
| 1 bunch | 2 bunches | basil, stems & leaves finely chopped | |
| ½ packet | 1 packet | spaghetti | |
| ½ block | 1 block | Parmesan cheese, grated (recommended amount) | |

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

| | | |
|--------------|------|----|
| Energy | 2710 | Kj |
| Protein | 28.1 | g |
| Fat, total | 9.3 | g |
| -saturated | 3 | g |
| Carbohydrate | 103 | g |
| -sugars | 8.8 | g |
| Sodium | 199 | mg |

2a



You will need: chef's knife, chopping board, vegetable peeler, garlic crusher, sieve, fine grater, large saucepan, medium frying pan and a wooden spoon.

1 Bring a large saucepan of water to the boil.

2 Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **brown onion** and **carrot** and cook, stirring, for **5 minutes** or until soft. Add the **mushroom** and cook stirring for a further **2 minutes** or until tender. Add the **garlic** and cook for **1 minute** or until fragrant. Add the **tomato paste**, **cherry tomato**, **red wine vinegar** and **water** and stir to combine well. Bring to the boil and then reduce to a medium-low heat. Add the **lentils** and simmer for **10 minutes** or until the sauce thickens a little. Use a wooden spoon to squash tomatoes while the sauce is cooking. Stir through the **basil** and season to taste with **salt** and **pepper**.

2b



3 Meanwhile, add the **spaghetti** to the large saucepan of boiling water with a pinch of salt. Cook for **6-8 minutes** or until cooked 'al dente'. Drain.

4 Divide the spaghetti between pasta bowls and top with the mushroom bolognese sauce. Garnish with **Parmesan cheese**.

2c



2d



Did you know? Portobello mushrooms, button mushrooms, and white mushrooms are all the same mushrooms at different levels of maturity.