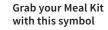


# Plant-Based 'Beef' & Semi-Dried Tomato Pasta

with Garlic Pangrattato & Green Salad

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR











**Brown Onion** 





Carrot

Cucumber

Panko Breadcrumbs







Mixed Salad



Semi-Dried

**Tomatoes** 

Seasoning

Leaves

Plant-Based Mince



**Pantry items** 

Olive Oil, Plant-Based Butter, White WIne Vinegar



Prep in: 15-25 mins Ready in: 20-30 mins



'Pangrattato' is Italian for breadcrumb and it adds a delicious, traditional crunch when sprinkled over pasta. The orecchiette (meaning 'little ears' in Italian) is the perfect pasta shape for cradling the semi-dried tomatoes and plant-based 'beef'. What more could you want?

#### Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

#### You will need

Large saucepan · Large frying pan

#### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
orecchiette	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
brown onion	1	2
semi-dried tomatoes	1 packet	2 packets
carrot	1	2
cucumber	1	2
panko breadcrumbs	½ medium packet	1 medium packet
plant-based mince	1 small packet	2 small packets
passata	1 box	2 boxes
Nan's special seasoning	1 large sachet	2 large sachets
plant-based butter*	20g	40g
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3405kJ (814Cal)	552kJ (132Cal)
Protein (g)	32.6g	5.3g
Fat, total (g)	26.3g	4.3g
- saturated (g)	5.5g	0.9g
Carbohydrate (g)	104.4g	16.9g
- sugars (g)	24.2g	3.9g
Sodium (mg)	1747mg	283mg

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.



### Cook the pasta

- · Bring a large saucepan of salted water to the boil.
- Cook **orecchiette** in the boiling water until 'al dente', **8 minutes**.
- Reserve some **pasta water** (1/3 cup for 2 people / 2/3 cup for 4 people), then drain **pasta** and return to pan.



#### Cook the sauce

- Return frying pan to high heat with a drizzle of olive oil. Cook onion until softened, 3-4 minutes.
- Add carrot and plant-based mince, cook breaking up with a spoon, until browned, 3-4 minutes.
- Stir through passata, reserved pasta water, Nan's special seasoning, and semi-dried tomatoes. Reduce heat to medium and simmer until slightly thickened, 3-5 minutes.
- Stir through the plant-based butter. Add cooked orecchiette to pan and toss to coat. Season to taste.
- Meanwhile, combine a drizzle of white wine vinegar and olive oil in a medium bowl. Season, then add mixed salad leaves and cucumber. Toss to coat.



## Make the pangrattato

- Meanwhile, finely chop garlic and brown onion.
- Roughly chop semi-dried tomatoes. Grate carrot. Thinly slice cucumber into half-moons. Set aside.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook panko breadcrumbs (see ingredients), stirring, until golden brown,
  3 minutes. Add garlic and cook until fragrant, 1-2 minutes.
- Transfer to a small bowl. Season with **salt** and **pepper** to taste. Set aside.



#### Serve up

- Divide plant-based 'beef' and semi-dried tomato pasta between bowls.
- · Top with garlic pangrattato.
- Serve with green salad. Enjoy!



