



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

with Garlic Pangrattato & Green Salad

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Orecchiette



Garlic



Brown Onion



Carrot



Cucumber



Panko Breadcrumbs



Passata



Nan's Special Seasoning



Mixed Salad Leaves



Semi-Dried Tomatoes



Plant-Based Mince

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

Plant Based

'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?

Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar

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

*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](https://www.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

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1



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.

3



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.

2



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.

4



Serve up

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

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