



VEGAN SUN-DRIED TOMATO & SPINACH SPAGHETTI

with Lemony Toasted Breadcrumbs & Parsley

INGREDIENTS

2 PERSON | 4 PERSON



¼ oz | ½ oz
Parsley



1 | 2
Lemon



3 Cloves | 6 Cloves
Garlic



1.5 oz | 3 oz
Sun-Dried
Tomatoes



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



1 TBSP | 1 TBSP
Italian Seasoning



5 oz | 10 oz
Spinach



1 | 2
Coconut Milk
Contains: Tree Nuts



1 | 2
Veggie Stock
Concentrate



6 oz | 12 oz
Spaghetti
Contains: Wheat



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HELLO

COCONUT MILK

Yes, it adds plant-based creaminess! (No, you can't taste the coconut!)

PREP: 10 MIN | COOK: 25 MIN | CALORIES: 680



HELLO FRESH

SEA-SONING

When salting your pasta cooking water, don't be shy—you'll want to add a few big pinches until it tastes almost as salty as the sea!

BUST OUT

- Large pot
- Zester
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Large pan
- Strainer

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1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Mince **parsley**. Zest and quarter **lemon**. Peel and mince or grate **garlic**. Thinly slice **sun-dried tomatoes**.



2 TOAST BREADCRUMBS

- Heat a **large drizzle of olive oil** in a large, preferably nonstick, pan over medium-high heat. Add **panko** and cook, stirring, until golden, 3-5 minutes. Stir in **half the parsley**, **¼ tsp Italian Seasoning** (½ tsp for 4 servings), a **big pinch of lemon zest**, and a **pinch of salt and pepper**. (You'll use more Italian Seasoning in Step 4.)
- Turn off heat; transfer to a plate. Wipe out pan.



3 START SAUCE

- Heat a **drizzle of olive oil** in same pan over medium-high heat. Add **spinach**; cook, stirring constantly, until wilted, 1-3 minutes.
- Add **garlic**; cook, stirring, until fragrant, 30-60 seconds more. Season with **salt** and **pepper**.



4 FINISH SAUCE

- To pan with **spinach mixture**, add **sun-dried tomatoes**, **coconut milk**, **stock concentrate**, **1 tsp Italian Seasoning** (2 tsp for 4 servings), and **juice from two lemon wedges** (four wedges for 4). Stir to combine. (Save any remaining Italian Seasoning for another use.)
- Cook, stirring, until slightly thickened, 1-2 minutes; season with **salt** and **pepper**.



5 COOK & TOSS PASTA

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Reserve **¼ cup pasta cooking water** (½ cup for 4 servings), then drain.
- Add drained spaghetti to pan with **sauce**; toss, adding **splashes of reserved pasta cooking water** as needed, until everything is coated in a creamy sauce.



6 SERVE

- Divide **pasta** between bowls; sprinkle with **lemony breadcrumbs** and **remaining parsley**. Serve with **remaining lemon wedges** on the side.