



# MIGHTY MEATLESS BOLOGNESE

with Seitan and Tagliatelle Pasta



## HELLO

### SEITAN BOLOGNESE

Meat sauce without the meat, thanks to the hearty wheat protein

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 720



Garlic



Parsley



Tuscan Seitan Crumbles  
(Contains: Wheat, Soy)



Diced Tomatoes



Parmesan Cheese  
(Contains: Milk)



Shallot



Linguine Pasta  
(Contains: Wheat)



Tuscan Heat Spice



Veggie Stock Concentrate

## START STRONG


Make sure to save some of the pasta cooking water—it'll improve the tomato sauce. Ladle it from the pot just before draining (in a pinch, you can use a mug).

## BUST OUT

- Large pot
- Large pan
- Olive oil (1 tsp | 2 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- Garlic 2 Cloves | 4 Cloves
- Shallot 1 | 2
- Parsley ¼ oz | ½ oz
- Linguine Pasta 6 oz | 12 oz
- Tuscan Seitan Crumbles 8 oz | 16 oz
- Tuscan Heat Spice  1 TBSP | 2 TBSP
- Diced Tomatoes 1 Can | 2 Cans
- Veggie Stock Concentrate 1 | 2
- Parmesan Cheese ¼ Cup | ½ Cup

Share your #HelloFreshPics with us!  
(800) 733-2414 HelloFresh.com  
hello@hellofresh.com



### 1 PREP AND COOK PASTA

Wash and dry all produce. Bring a large pot of **salted water** to a boil. Mince or grate **garlic**. Halve, peel, and thinly slice **shallot**. Finely chop **parsley**. Once water is boiling, add **linguine pasta** to pot and cook until al dente, 9-11 minutes, stirring occasionally. Reserve **1 cup pasta cooking water**, then drain.



### 4 MAKE BOLOGNESE

Stir **diced tomatoes**, **stock concentrate**, and **1 cup water** into pan. Bring to a boil, then lower heat and let simmer until slightly reduced, 5-10 minutes. Season with **salt** and **pepper**. **TIP:** Give the Bolognese a taste. If it seems sharp, try adding up to 1 tsp sugar to mellow it out.



### 2 COOK SHALLOT

Heat a drizzle of **olive oil** in a large pan over medium heat. Add **shallot** and cook until softened, 3-5 minutes, tossing. Season with **salt** and **pepper**.



### 5 TOSS PASTA

Add **linguine pasta**, half the **Parmesan**, and a splash of **pasta cooking water** to pan and toss to thoroughly combine. **TIP:** If Bolognese seems dry, add more pasta cooking water until it's nice and saucy.



### 3 BROWN SEITAN

Add **seitan crumbles** and **Tuscan heat spice** (to taste—it's spicy) to pan, breaking up seitan into pieces with a spatula or wooden spoon. Cook until lightly browned and crisped, 3-5 minutes, stirring occasionally. Stir in **garlic** and most of the **parsley** and cook until fragrant, another 1 minute (save a few big pinches of parsley for garnish).



### 6 FINISH

Divide **pasta** between plates. Garnish with reserved **parsley** and remaining **Parmesan**.

## PRESTO!

There's no way to go wrong with a quick, filling pasta.