



Hello Fresh

Cooking Made Easy

hello@hellofresh.com

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## Crushed Beets & Whole Wheat Spaghetti

with Lemony Ricotta, Hazelnuts & Basil Oil



Get ready to be shocked by this recipe. Yes—beets, caramelized red onion, lemon, and garlic really do create an insanely delicious pasta sauce. Drizzled with garlic-basil oil and sprinkled with toasted hazelnuts, this dish will certainly push you out of your recipe rut. Don't be skimping with that fresh ricotta—its creaminess brings the whole dish together!



35 min



level 2



veggie



Pre-Cooked Beets



Whole Wheat Spaghetti



Basil



Red Onion



Ricotta



Lemon



Hazelnuts



Garlic

| Ingredients           | 2 People | 4 People  |
|-----------------------|----------|-----------|
| Pre-Cooked Beets      | 8 oz     | 16 oz     |
| Whole Wheat Spaghetti | 1) 6 oz  | 12 oz     |
| Red Onion             | 1        | 2         |
| Ricotta               | 2) 4 oz  | 8 oz      |
| Lemon                 | 1        | 2         |
| Hazelnuts             | 3) 1 oz  | 2 oz      |
| Basil                 | 1 bunch  | 2 bunches |
| Garlic                | 2 cloves | 4 cloves  |
| Olive Oil*            | 2 ½ T    | 5 T       |

\*Not Included

### Allergens

- 1) Wheat
- 2) Milk
- 3) Nuts

### Tools

Small Bowl, Medium Bowl, Large Pot, Zester, Strainer, Large Pan

Ruler

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**Nutrition per person** Calories: 712 cal | Carbs: 82 g | Fat: 38 g | Protein: 23 g | Fiber: 12 g



**1** Bring a large pot of **water** to a boil with a large pinch of **salt**. Once boiling, add the **whole wheat spaghetti** to the boiling water and cook for 8-10 minutes, until al dente. Reserve ⅓ cup **pasta water**, then drain.



**2** Meanwhile, halve, peel, and thinly slice the **red onion**. Mince or grate 1 **garlic clove** and crush 1 **garlic clove** with the side of your knife. Zest and halve the **lemon**. Thinly slice the **basil leaves** and reserve the **stems**.



**3** Roughly chop the **beets**. In a medium bowl, mash the beets with a fork or potato masher until completely smooth. Mix in ½ tablespoon **olive oil**, the **minced garlic**, and a pinch of **salt** and **pepper**.

**4** Heat a large pan over medium heat, then add the **hazelnuts** and cook, tossing, until fragrant, 2-3 minutes. Set aside to cool, then roughly chop.



**5** In the same pan you toasted the hazelnuts in make the **basil oil**: heat 2 tablespoons **olive oil** over medium heat along with the **basil stems** and **crushed garlic**. Cook for 2-3 minutes, until fragrant. Set **basil oil** aside in a small bowl.

**6** In the same pan, add the **onion** and cook, tossing, for 5 minutes, until soft. Season with **salt** and **pepper**. Add the **beet mixture**, **pasta**, **pasta water**, and a squeeze of **lemon** to the pan. Cook, tossing until thoroughly coated. Season to taste with **salt** and **pepper**.

**7** Plate the **pasta**, then drizzle with **basil oil** and dollop with **ricotta**. Sprinkle with **lemon zest**, **basil**, **chopped hazelnuts**, **salt**, and **pepper**. Enjoy!