



More than Food

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## Tuscan Seitan Bolognese

with Tagliatelle, Parmesan, and Chilies

Seitan, a wheat-based Japanese protein, lends heartiness to this vegetarian Bolognese. A touch of chili flakes gives this homemade tomato sauce an extra kick. Finished with nutty Parmesan, this is winter comfort food at its finest.



Tagliatelle



Seitan Crumbles



Garlic



Shallot



Parsley



Tuscan Heat  
Spice Blend



Chili Flakes



Shredded Parmesan



Vegetable Stock  
Concentrate



Crushed Tomatoes

## Ingredients

		2 People	4 People
Tagliatelle	1)	6 oz	12 oz
Seitan Crumbles	1) 3)	8 oz	16 oz
Garlic		2 cloves	4 cloves
Shallot		1	2
Parsley		¼ oz	½ oz
Tuscan Heat Spice Blend		1 T	2 T
Chili Flakes 		1 t	2 t
Shredded Parmesan	2)	¼ C	½ C
Vegetable Stock Concentrate		1	2
Crushed Tomatoes		1 can	2 cans
Oil*		1 t	2 t

\*Not Included

## Allergens

- 1) Wheat
- 2) Milk
- 3) Soy

## Tools

Large Pot, Strainer,  
Large Pan

**Nutrition per person** Calories: 623 cal | Carbs: 93 g | Fat: 10 g | Protein: 49 g | Fiber: 6 g | Sodium: 1134 mg

*Make sure to wash and dry produce before prepping or cooking!*



**1 Prep the ingredients and cook the pasta:** Bring a large pot of **water** to boil with a large pinch of **salt**. Mince or grate the **garlic**. Halve, peel, and thinly slice the **shallot**. Finely chop the **parsley**, reserving a few leaves for garnish. Add the **pasta** to the boiling water and cook for 9-11 minutes, until al dente. Drain, reserving **1 cup pasta water**.



**2 Start the “bolognese”:** Heat a drizzle of **oil** in a large pan over medium heat. Add the **shallots** and **chili flakes** (to taste, we used ¼ teaspoon) and cook, tossing, for 3-5 minutes, until softened. Season with **salt** and **pepper**.



**3 Brown the seitan:** Add the **seitan crumbles** and the **Tuscan heat spice blend** to the pan and break up into pieces with a wooden spoon. Cook for 3-5 minutes until slightly browned. Add the **garlic** and the chopped **parsley** to the pan and cook another 1 minute, until fragrant.

**4 Finish the bolognese:** Add the **crushed tomatoes**, **stock concentrate**, and **1 cup water** to the pan. Bring to a boil, then reduce to a low simmer for 5-10 minutes. Season with **salt** and **pepper**.

**TIP:** Depending on the sweetness of your tomatoes, you may want to add up to 1 teaspoon sugar to the sauce for balance.



**5** Add the drained **pasta**, **half the Parmesan**, and a splash of **pasta water** into the pan and toss to thoroughly combine.

**6 Finish:** Divide the dish between bowls, then garnish with the **reserved parsley** and the **remaining Parmesan cheese**. Enjoy!

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