



LENTIL "BOLOGNESE"

with Basil and Parmesan Cheese

VEGGIE



HELLO BOLOGNESE

Turn a classic bolognese recipe into a vegetarian winner

TIME: 30 MIN



Lentils, canned



Garlic



Mirepoix



Tomato Paste



Linguine



Parmesan Cheese



Balsamic Vinegar



Vegetable Broth Concentrate



Basil



Italian Seasoning

BUST OUT

- Medium Bowl
- Garlic Press
- Measuring Cups
- Large Non-Stick Pan
- Measuring Spoons
- Large Pot
- Strainer
- Salt and Pepper
- Potato Masher
- Olive or Canola Oil
- Sugar (1 tsp | 2 tsp)

INGREDIENTS

2-person | 4-person

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|-------------------------------|---------|--|---------|
| • Lentils, canned | 1 can | | 2 can |
| • Garlic | 6 g | | 12 g |
| • Mirepoix | 227 g | | 454 g |
| • Tomato Paste | 1 can | | 2 can |
| • Linguine 1 | 170 g | | 340 g |
| • Parmesan Cheese 2 | ¼ cup | | ½ cup |
| • Balsamic Vinegar 9 | 1 tbsps | | 2 tbsps |
| • Vegetable Broth Concentrate | 1 | | 2 |
| • Basil | 7 g | | 14 g |
| • Italian Seasoning 9 | 1 tbsps | | 2 tbsps |

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

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|-----------------|---------------------------|
| 0 Fish/Poisson | 6 Mustard/Moutarde |
| 1 Wheat/Blé | 7 Peanut/Cacahuète |
| 2 Milk/Lait | 8 Sesame/Sésame |
| 3 Egg/Oeuf | 9 Sulphites/Sulfites |
| 4 Soy/Soja | 10 Crustacean/Crustacé |
| 5 Tree Nut/Noix | 11 Shellfish/Fruit de Mer |

*Laver et sécher tous les aliments.



START STRONG

Mirepoix is a mixture of carrot, celery and onion used in French cooking to add flavour and aroma to recipes. We've pre-chopped the veggies for you to cut down on prep time!



1 PREP Wash and dry all produce.* In a large pot, add **12 cups water** and **2 tsp salt**. (NOTE: Use same size pot, amount of water and salt for 4 ppl.) Cover and bring to a boil over high heat. Meanwhile, peel, then mince or grate **garlic**. Drain and rinse **lentils**. In a medium bowl, add **half the lentils**. Using a fork or potato masher, roughly mash **lentils** (in the bowl). Add **remaining lentils** (from the strainer) and stir together.



4 START BOLOGNESE When **mirepoix** is tender, add **lentils, tomato paste, broth concentrate(s), 1 tbsps Italian seasoning** (dbl for 4 ppl), **1 tbsps vinegar** (dbl for 4 ppl), **1 tsp sugar** (dbl for 4 ppl) and **2 cups water** (dbl for 4 ppl) to the pan. Cook, stirring occasionally, until warmed through, 6-8 min.



2 COOK MIREPOIX Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsps oil** (dbl for 4 ppl), then **mirepoix** and **garlic**. Cook, stirring occasionally, until **mirepoix** is tender, 7-8 min.



5 FINISH BOLOGNESE Reduce heat to medium-low. Simmer, stirring occasionally, until **sauce** is slightly thickened, 5-6 min. Season with **salt** and **pepper**.



3 COOK PASTA Meanwhile, break **linguine** in half, then add to the large pot with **boiling water**. Cook, stirring occasionally, until **linguine** is tender, 10-12 min. When **linguine** is done, reserve **¼ cup pasta water** (dbl for 4 ppl), then drain. Return **linguine** to the same pot, off heat.



6 FINISH AND SERVE To the large pot with **linguine**, add **lentil bolognese sauce** and **reserved pasta water**. Stir together to coat. Divide **linguine lentil bolognese** between bowls. Sprinkle **2 tbsps Parmesan** over each bowl then tear over **basil leaves**.

LENTIL LOVE!

Did you know that Saskatchewan grows over 60% of the world's lentils?

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