



# Lentil Rigatoni Bolognese

with Mushroom, Olives and a Rosemary Crumb

**Classic** 30 Minutes • Little Spice • 2 of your 5 a day • Plant-Based

22



Closed Cup Mushrooms



Olives



Baby Plum Tomatoes



Flat Leaf Parsley



Rosemary



Echalion Shallot



Garlic



Lentils



Rigatoni



Panko Breadcrumbs



Italian Herbs



Sun-Dried Tomato Paste



Chopped Tomatoes with Basil



Red Wine Stock Paste

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Baking Tray, Saucepan, Garlic Press, Sieve, Colander, Frying Pan, Wooden Spoon, Bowl.

## Ingredients

	2P	3P	4P
Closed Cup Mushrooms**	150g	225g	300g
Olives	30g	45g	60g
Baby Plum Tomatoes	125g	190g	250g
Flat Leaf Parsley**	1 bag	1 bag	1 bag
Rosemary**	½ bunch	1 bunch	1 bunch
Echalion Shallot	1	1	2
Garlic**	2 clove	3 clove	4 clove
Lentils	1 carton	1½ cartons	2 cartons
Rigatoni <b>13</b> )	200g	300g	400g
Panko Breadcrumbs <b>13</b> )	25g	25g	50g
Italian Herbs	½ pot	¾ pot	1 pot
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14</b> )	1 sachet	2 sachets	2 sachets
Water*	50ml	75ml	100ml
Olive Oil for the Salsa*	1 tbsp	1 ½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>654g</b>	<b>100g</b>
Energy (kJ/kcal)	3281 / 784	502 / 120
Fat (g)	14	2
Sat. Fat (g)	2	1
Carbohydrate (g)	126	19
Sugars (g)	24	4
Protein (g)	28	4
Salt (g)	4.84	0.74

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

You can recycle me!



## Get Prepped

Bring a saucepan of **water** up to the boil with 0.5 tsp salt for the pasta. Chop the **olives** into small pieces. Thinly slice the **mushrooms**, quarter the **baby plum tomatoes**. Roughly chop the **parsley** (stalks and all). Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **lentils** in a sieve



## Finish Off the Sauce

Pop your pan back on medium-high heat and add a drizzle of **oil** (no need to wash). Add the **mushrooms**, season with **salt** and **pepper** and stir fry until golden brown, 3-4 mins. Add the **shallot** to the pan with the **mushrooms** and fry until softened, 3-4 mins. Add in the **garlic**, **Italian herbs**, **sun-dried tomato paste** and a pinch of **sugar**, stir through and cook for 1 minute. Pour the **chopped tomatoes with basil**, **red wine stock paste**, **lentils** and **water** (see ingredients for amount) into the **shallot** pan, bring to the boil, stir to dissolve the **stock**. Simmer until starting to thicken, 5-6 mins.



## Cook the Pasta

When the **water** is boiling, add the **rigatoni** and cook until tender, 12 mins. Once cooked, drain in a colander, pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



## Make the Salsa

Meanwhile, put the **olives**, **half the plum tomatoes** and **half the parsley** in a small bowl along with the **olive oil** (see ingredients for amount). Season with **pepper** and stir together.



## Make the Crumb

While the **pasta** cooks, heat a drizzle of **oil** in a frying pan on medium-high heat. Once the **oil** is hot, add the **rosemary** and **breadcrumbs**. Season with **salt** and **pepper** and cook, stirring regularly, until lightly toasted, 3-4 mins. **TIP:** Watch it like a hawk as they can burn easily. Once cooked, remove the **toasted crumbs** to a bowl and set aside.



## Finish and Serve

Add the remaining **plum tomatoes** to the sauce. Stir together and simmer for a further 3-4 mins, then taste and add **salt** and **pepper** if you feel it needs it. Add the drained **pasta** and remaining **parsley** to the **sauce** and stir to combine. Divide among plates and top with a spoonful of **salsa** and the **rosemary crumb**.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.