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Lentil 'Bolognese' Tagliatelle with Homemade Minty Pesto

In this veggie 'bolognese' recipe you will learn how to make your own pesto. However this is no traditional pesto made with pistachio and mint it has a beautiful fresh flavour. The 'bolognese' is quite special too, bursting with veggies so you will pack in 5 of your 5 a day!

 35 mins

 5.5 of your 5 a day

 veggie



Onion (1)



Garlic Clove (2)



Red Pepper (1)



Carrot (1)



Mint (1 bunch)



Red Split Lentils (50g)



Chopped Tomatoes (1 tin)



Vegetable Stock Pot (1)



Pistachios (25g)



Hard Italian Cheese (40g)



Olive Oil (2 tbsp)



Button Mushrooms (1 punnet)



Wholewheat Tagliatelle (250g)

2 PEOPLE INGREDIENTS

- Onion, chopped **1**
- Garlic Clove, grated **2**
- Red Pepper, chopped **1**
- Carrot, chopped **1**
- Mint, chopped **1 bunch**
- Red Split Lentils **50g**
- Chopped Tomatoes **1 tin**
- Vegetable Stock Pot **1**
- Pistachios **25g**
- Hard Italian Cheese **40g**
- Olive Oil **2 tbsps**
- Button Mushrooms **1 punnet**
- Wholewheat Tagliatelle **250g**

Allergens: Nut, Celery, Milk, Gluten, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	783 kcal / 3287 kJ	29 g	6 g	96 g	17 g	31 g	3 g
Per 100g	102 kcal / 428 kJ	4 g	1 g	13 g	2 g	4 g	0 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Pesto originates from the Italian word *pestare* which means to pound or crush.

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains **Sulphites**], Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.



1 Cut the **onion** in half through the root, peel and chop into roughly 1cm pieces. Peel and grate the **garlic** (or use a garlic press if you have one). Remove the core from the **red pepper**, cut into slices about 1cm wide and then chop into 1cm cubes. Cut the top and bottom off the **carrot**, peel and cut into strips lengthways, then chop into ½cm pieces (if you can get them that small!). Pull the **mint leaves** off their stalks (discard the stalks) and chop the **leaves** as finely as you can.



2 Put a large frying pan on medium heat with a splash of **oil** and add your **onion**. Cook for 5 mins until soft, then add your **pepper** and **carrot**. Cook for another 5 mins then add three-quarters of your **garlic**. Cook for another minute then add the **lentils** and **chopped tomatoes**. Refill the tin(s) three-quarters with **water** and add that in too.



3 Stir in the **vegetable stock pot** making sure it has dissolved, then leave your **bolognaise** to simmer for 10-15 mins until your sauce has reduced and your lentils are soft. **Tip:** Remember to stir from time to time to stop it catching! Once cooked, remove from the heat and pop a lid on. Leave to the side until everything else is ready.

4 Put a large pot of water on to boil with a good pinch of **salt**. Put another frying pan on medium heat and add the **pistachios**. Dry-fry for 3 mins then remove to a chopping board (don't wash the pan, we'll use it later). Chop your **pistachios** leaving some large and some small pieces. **Tip:** Alternatively pop them in a freezer bag and bash them with a frying pan or a rolling pin, but make sure they have cooled down first!



5 Put your **pistachios** in a bowl and add your **mint** and the **hard Italian cheese**. Pour in the **olive oil** (amount specified in the ingredient list), a pinch of **salt**, a good grind of **black pepper** and mix everything together. Your **minty pesto** is ready!

6 Add a good splash of **oil** to the now empty frying pan on medium heat, once hot, add the **mushrooms** along a good pinch of **salt** and a grind of **black pepper**. Cook for 8 mins, stirring occasionally until your **mushrooms** are slightly brown, then add your remaining **garlic** and cook for 30 seconds. Meanwhile, put the **tagliatelle** in the pot of boiling water and cook for 6-7 mins until 'al dente'. **Tip:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle. When your **pasta** is cooked, drain it in a colander.

7 Once your **mushrooms** are brown and your **garlic** has cooked for 30 seconds, remove from the heat and stir in half your **minty pesto**. **Tip:** The hard Italian cheese in the pesto will melt slightly. Serve your pasta in bowls with your **bolognaise**, your **mushrooms** and a spoonful of your remaining **pesto**. Enjoy!

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