



MIGHTY MEATLESS BOLOGNESE

with Italian Veggie Crumbles and Tagliatelle Pasta



HELLO

MEATLESS BOLOGNESE

Classic red sauce made with a hearty and filling veggie protein

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 680



Garlic



Parsley



Italian Veggie Crumbles
(Contains: Wheat, Soy)



Crushed Tomatoes



Parmesan Cheese
(Contains: Milk)



Shallot



Tagliatelle Pasta
(Contains: Wheat)



Tuscan Heat Spice



Veggie Stock Concentrate

START STRONG

Make sure to save some of the pasta cooking water—it'll improve the Bolognese sauce's consistency. Ladle it from the pot just before draining (or in a pinch, use a mug).

BUST OUT

- Large pot
- Strainer
- Large pan
- Olive oil (1 tsp | 2 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Garlic 2 Cloves | 4 Cloves
- Shallot 1 | 2
- Parsley ¼ oz | ½ oz
- Tagliatelle Pasta 6 oz | 12 oz
- Italian Veggie Crumbles 8 oz | 16 oz
- Tuscan Heat Spice 1 TBSP | 2 TBSP
- Crushed Tomatoes 13.76 oz | 27.52 oz
- Veggie Stock Concentrate 1 | 2
- Parmesan Cheese ¼ Cup | ½ Cup

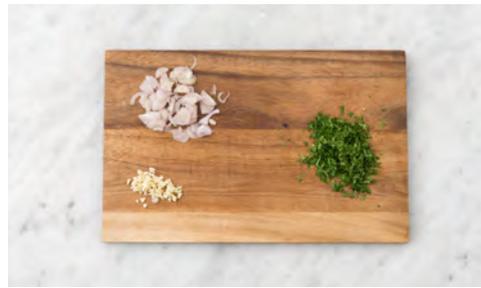
HELLO WINE



PAIR WITH

Noche en Blanco Campo de Borja
Garnacha-Syrah, 2015

HelloFresh.com/Wine



1 PREP AND COOK PASTA

Wash and dry all produce. Bring a large pot of salted water to a boil. Mince or grate garlic. Halve, peel, and thinly slice shallot. Finely chop parsley. Once water is boiling, add tagliatelle to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Reserve 1 cup pasta cooking water for step 5, then drain.



4 MAKE BOLOGNESE

Stir tomatoes, stock concentrate, and 1 cup water into pan. Bring to a boil, then lower heat and let simmer until slightly reduced, 5-10 minutes. Season with salt and pepper. TIP: Give the Bolognese a taste. If it seems sharp, try adding up to 1 tsp sugar to mellow it out.



2 COOK SHALLOT

Meanwhile, heat a drizzle of olive oil in a large pan over medium heat. Add shallot and cook, tossing, until softened, 3-5 minutes. Season with salt and pepper.



5 TOSS PASTA

Add tagliatelle, half the Parmesan, and a splash of pasta cooking water to pan and toss until thoroughly combined. TIP: If Bolognese seems dry, add more pasta cooking water until it's nice and saucy.



3 COOK VEGGIE CRUMBLES

Add veggie crumbles and Tuscan heat spice (to taste) to pan, breaking up crumbles into smaller pieces with a spatula or wooden spoon. Cook, stirring occasionally, until lightly browned and crisped, 3-5 minutes. Stir in garlic and most of the parsley (save a few big pinches for garnish). Cook until fragrant, about 1 minute.



6 PLATE AND SERVE

Divide pasta between plates. Garnish with reserved parsley and remaining Parmesan.

PRESTO!

Give those saucy noodles a twirl.

Share your #HelloFreshPics with us! | (800) 733-2414 HelloFresh.com | hello@hellofresh.com

WK12 NJ-8