



Squoodle Bolognese

with Basil & Pine Nut Drizzle



HELLO SQUOODLES

Butternut squash in the form of noodles, what more could you want!



Pine Nuts



Onion



Carrot



Chestnut Mushrooms



Garlic Clove



Worcester Sauce



Finely Chopped Tomatoes with Garlic & Onion



Red Wine Stock Pot



Basil



Butternut Squash Noodles

MEAL BAG

35 mins

5 of your 5 a day

Veggie

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Frying Pan**, **Coarse Grater**, **Fine Grater** (or **Garlic Press**), **Measuring Jug**, **Large Saucepan** and **Colander**. Now, let's get cooking



1 DO THE PREP

Put a frying pan on high heat and add the **pine nuts** (no oil). Toast for a couple of minutes until golden, shaking the pan to avoid them burning. Remove the pan from the heat and tip the **pine nuts** into a small bowl. Halve, peel and roughly chop the **onion**. Remove the top and bottom from the **carrot** and coarsely grate (no need to peel). Quarter the **chestnut mushrooms**. Peel and grate the **garlic** (or use a garlic press).



2 SIMMER THE BOLOGNESE

Return the frying pan to medium heat with a drizzle of **oil**. Add the **onion** and **mushrooms** and cook, stirring, until soft, 4-5 mins. Add the **Worcester sauce** reduce by half then add the **finely chopped tomatoes**, **stock pot** and **water** (see ingredients for amount). Bring to the boil, stirring to dissolve the **stock pot**. Lower the heat to medium and stir in the **carrot**. Simmer until thick and tomatoey, 10-12 mins.



3 MAKE THE DRIZZLE

Put a large saucepan of water with a pinch of **salt** on to boil for the squoodles. Meanwhile, roughly chop the **basil** (stalks and all). Pop the **toasted pine nuts** into a freezer bag and bash with the base of a saucepan. Return to the bowl and add **half** the **basil**. Gradually stir in a little **olive oil** until you have a thick drizzling consistency.



4 COOK THE SQUOODLES

When your **bolognese** is nearly ready, and the **water** is boiling. Add the **butternut squash noodles** to the **water** and cook until tender, 2-3 mins. When cooked, drain into a colander then return to the saucepan and season with **salt** and plenty of **pepper**. Stir through **half** the **drizzle**.



5 FINISH UP

Stir the remaining **basil** through the **bolognese**. Taste and add **salt** and **pepper** if necessary.



6 SERVE

Serve the **butternut squash noodles** in bowls topped with a helping of **bolognese**. Finish with the remaining **basil** and **pine nut drizzle**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Pine Nuts	25g	40g	50g
Onion	1	1	2
Carrot	1	2	2
Chestnut Mushrooms	1 small punnet	1 large punnet	2 punnets
Garlic Clove	1	2	2
Worcester Sauce ¹⁴⁾	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Red Wine Stock Pot ¹⁴⁾	1	1½	2
Water*	50ml	75ml	100ml
Basil	1 bunch	1 bunch	1 bunch
Butternut Squash Noodles	350g	525g	700g

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 623G	PER 100G
Energy (kcal)	311	50
(kJ)	1299	209
Fat (g)	10	2
Sat. Fat (g)	1	1
Carbohydrate (g)	46	7
Sugars (g)	33	5
Protein (g)	9	1
Salt (g)	2.02	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

¹⁴⁾ Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these between uses.

THUMBS UP OR THUMBS DOWN?

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