



# MIGHTY MEATLESS BOLOGNESE

with Seitan and Linguine Pasta



**HELLO**  
**MEATLESS BOLOGNESE**  
 Hearty, filling red sauce without the meat

**PREP: 10 MIN** | **TOTAL: 30 MIN** | **CALORIES: 720**

-  Garlic
-  Parsley
-  Tuscan Seitan Crumbles  
(Contains: Wheat, Soy)
-  Diced Tomatoes
-  Parmesan Cheese  
(Contains: Milk)
-  Shallot
-  Linguine 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 tomato sauce. Ladle it from the pot just before draining (or in a pinch, you can 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
- Linguine Pasta 6 oz | 12 oz
- Tuscan Seitan Crumbles 8 oz | 16 oz
- Tuscan Heat Spice  1 TBSP | 2 TBSP
- Diced Tomatoes 1 Can | 2 Cans
- Veggie Stock Concentrate 1 | 2
- Parmesan Cheese ¼ Cup | ½ Cup

## HELLO WINE

Looking for the perfect wine pairing? Join our new wine club at [HelloFresh.com/Wine](https://www.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 **linguine** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Reserve **1 cup pasta cooking water**, then drain.



## 4 MAKE BOLOGNESE

Stir **diced 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 until softened, 3-5 minutes, tossing. Season with **salt** and **pepper**.



## 5 TOSS PASTA

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



## 3 BROWN SEITAN

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



## 6 FINISH

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

## PRESTO!

There's no way to go wrong with a quick pasta and tomato sauce.



Share your #HelloFreshPics with us! | (800) 733-2414 [HelloFresh.com](https://www.hellofresh.com) | [hello@hellofresh.com](mailto:hello@hellofresh.com)