

Lentil Bolognese with Spaghetti and Toasted Pine Nuts

hellóchef

Simple, delicious, vegan!

Cals 851 • Prot 38 • Carbs 154 • Fat 11

Vegan

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 45 min

R2117



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Pasta	2 ppl	3 ppl	4 ppl	
Spaghetti 10*	250	375	500	Grams
Sauce				
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Carrot	1	2	2	Piece
Celery	1	1	1	Piece
Sun dried tomatoes	30	60	60	Grams
Canned lentils	265	265	530	Grams
Olive oil	2	3	4	Tbsp
Salt	1	1	2	Tsp
Tomato paste	50	70	70	Grams
Balsamic vinegar 14*	15	22	30	ML
Brown sugar	10	15	20	Grams
Chopped tomatoes	400	800	800	Grams
Water	200	100	400	ML
Vegetable stock cube 15*	1	1	2	Piece
Dried oregano	2	2	4	Grams
Black pepper	1	1	2	Tsp
To serve				
Pine nuts 2*	20	30	40	Grams
Fresh basil	15	15	15	Grams

Allergens

***10 Wheat, *14 Sulphur Dioxide, *15 Celery, *2 Tree Nuts**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3530 / 851
Fat (g)	10.5
of which saturates (g)	0.8
Carbohydrate (g)	154
of which sugars (g)	28.7
Fiber (g)	27.2
Protein (g)	38
Salt (g)	2.3

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Peel and finely chop the **onion** and **garlic**. Peel and grate the **carrot**. Finely chop the **celery** and **sun dried tomatoes**. Drain and rinse the **lentils**.



2 Fry vegetables

Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min until softened. Add the **garlic, carrot, celery, sun dried tomatoes**, drained **lentils** and **tomato paste**. Stir for 2 min further.



3 Simmer

Add the **balsamic vinegar, brown sugar, chopped tomatoes, measured water, stock cube, dried oregano** and **black pepper**. Once boiling, reduce the heat to low and simmer, covered, for 15 min. Add a splash of water, if the sauce looks too thick. Finally season with **salt** and **pepper** to taste.

Tip! Time permitting, stew the bolognese sauce for longer, even up to 1 hour. Stir occasionally, and add a splash of water, if needed.



4 Boil pasta

Meanwhile, bring a large pot of salted water to a boil. Once boiling, add the **spaghetti** and cook for 8-10 min to "al dente" or until cooked to your liking. Drain.



5 Toast pine nuts

Meanwhile, toast the **pine nuts** in a hot, dry pan for 2 min or until starting to brown. Remove from the pan and set aside.



6 Serve

Mix the **spaghetti** with the **Bolognese**. Divide among plates, and garnish with the toasted **pine nuts** and **fresh basil** leaves.