

# Spaghetti in Creamy Tomato Sauce

## with Pesto

hellóchef

Our vegan cream cheese is cultured and made with cashews. Its texture is buttery and its flavour slightly tangy. We can't get enough of it!

Cals 766 • Prot 27 • Carbs 127 • Fat 15

Vegan

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

🕒 cook: 30 min

R2747



Before you start

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

Ingredients

Sauce	2 ppl	3 ppl	4 ppl	
Shallots	1	2	2	Piece
Garlic cloves	2	3	4	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Tomato passata	200	400	500	Grams
Water	200	200	300	ML
Vegetable stock cube 15*	1	1	2	Piece
Dried oregano	2	4	4	Grams
Red vinegar	15	22	30	ML
Agave syrup	10	15	20	ML
Cashew cream cheeze 2*	55	110	110	Grams
Pasta				
Salt	1	1	2	Tsp
Spaghetti 10*	250	375	500	Grams
Pesto				
Cashew nuts 1*, 2*	40	60	80	Grams
Fresh basil	30	45	60	Grams
Nutritional yeast	4	6	8	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	1	1	Tsp
Olive oil	5	8	10	Tbsp
Garlic powder	2	2	4	Grams

Allergens

\*15 Celery, \*2 Tree Nuts, \*10 Wheat, \*1 Peanuts

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)	3171 / 766
Fat (g)	14.6
of which saturates (g)	4.3
Carbohydrate (g)	127
of which sugars (g)	15.8
Fiber (g)	11.7
Protein (g)	27.4
Salt (g)	2

\*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

Peel and finely chop the **shallots** and **garlic**.



2 Fry

Heat a drizzle of **olive oil** in a pan over a medium-low heat. Once hot, add the **shallots** with a pinch of **salt**. Cook for 3 min. Add the **garlic** and cook for 1 min further.

**Tip!** Cook the shallots over a very low heat so they don't burn. The longer, the better!



3 Simmer

Add the **tomato passata**, measured **water**, crumbled **stock cube**, dried **oregano**, **red vinegar** and **agave syrup**. Cover and simmer for 10 min.



4 Boil pasta

Meanwhile, bring a large pot of salted water to the boil. Once boiling, add the **spaghetti** and cook for 10-12 min until 'al dente' or until cooked to your liking. Drain.



5 Blitz pesto

Meanwhile, roughly chop the **cashew nuts** and **basil**, including the stalks. Add the **cashew nuts**, **basil**, **nutritional yeast**, **salt**, **pepper**, **olive oil** and **garlic powder** to a food processor. Blitz until smooth.



6 Serve

Add the vegan **cream cheeze** to the **tomato sauce** and cook for 1 final min. Toss the drained **spaghetti** in the **tomato** sauce. Divide among plates and drizzle with the **basil pesto**.