



Veggie Mince Ragu & Fusilli

with Rosemary Pangrattato & Nutty Pear Salad

Grab your Meal Kit with this symbol



Roasted Almonds



Garlic



Brown Onion



Carrot



Rosemary



Panko Breadcrumbs



Fusilli



Veggie Mince



Garlic & Herb Seasoning



Chopped Tomatoes



Vegetable Stock Powder



Pear



Spinach & Rocket Mix



Plant-Based Grated Parmesan

Hands-on: 20-30 mins
 Ready in: 30-40 mins

Plant Based

In Italian cuisine, 'ragu' is a meat-based sauce served with pasta. Tonight, we're switching it up by using veggie mince! For this plant-based edition, we'll infuse love into a rich tomato sauce with garlic, herbs and veggies to make this a dish anyone can love.

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
roasted almonds	1 packet	2 packets
garlic	3 cloves	6 cloves
brown onion	1 (medium)	1 (large)
carrot	1	2
rosemary	1 stick	2 sticks
panko breadcrumbs	½ packet	1 packet
fusilli	1 packet	2 packets
veggie mince	½ packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
chopped tomatoes	1 tin	2 tins
plant-based butter*	30g	60g
vegetable stock powder	1 large sachet	2 large sachets
brown sugar*	1 tsp	2 tsp
pear	1	2
balsamic vinegar*	drizzle	drizzle
spinach & rocket mix	1 bag (30g)	1 bag (60g)
plant-based grated Parmesan	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3981kJ (951Cal)	588kJ (141Cal)
Protein (g)	35.2g	5.2g
Fat, total (g)	25.6g	3.8g
- saturated (g)	10.6g	1.6g
Carbohydrate (g)	136.4g	20.2g
- sugars (g)	30.9g	4.6g
Sodium (mg)	2376mg	351mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Make the pangrattato

Bring a large saucepan of salted water to the boil. Roughly chop the **roasted almonds**. Finely chop the **garlic** and **brown onion**. Grate the **carrot**. Pick and finely chop the **rosemary** leaves (see ingredients). In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Toast the **panko breadcrumbs** (see ingredients), tossing, until golden, **2-3 minutes**. Add the **rosemary**, 1/2 the **garlic** and a drizzle of **olive oil** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl and set aside.



Finish the ragu

Reduce the heat to medium-high, then add the **chopped tomatoes**, **plant-based butter**, reserved **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people) and **vegetable stock powder** and stir to combine. Reduce the heat to medium, then simmer until slightly thickened, **4-6 minutes**. Add the **brown sugar** and stir to combine. Season to taste.

TIP: Add a splash more reserved pasta water if the sauce is too thick.



Cook the fusilli

Cook the **fusilli** in the boiling water until 'al dente', **11 minutes**. Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), drain, then return the **pasta** to the saucepan and drizzle with **olive oil** to prevent sticking.



Bring it all together

Transfer the **ragu** to the pan with the cooked **fusilli**. Toss to coat and season to taste. Set aside. Thinly slice the **pear**. In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season with **salt** and **pepper**. Add the **pear**, **almonds** and **spinach & rocket mix** and toss to coat.



Start the ragu

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **onion**, **carrot**, **veggie mince** (see ingredients), **garlic & herb seasoning** and remaining **garlic**, breaking the mince up with a spoon, **4-5 minutes**.



Serve up

Divide the veggie mince ragu and fusilli between bowls. Top with the **plant-based grated Parmesan** and sprinkle over the rosemary pangrattato. Serve with the nutty pear salad.

Enjoy!