M2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Celery

Celery leaves are edible and actually have a stronger celery flavour than the stalks, making them great to use like a fresh herb.

Mushroom Bolognese

A loving twist on a traditional classic using mushrooms to make our bolognese sauce served with fresh spaghetti and finished with fresh parsley.

25 minutes 2 servings Plant-Based

Herb it up!

Any fresh herbs that you may have would be a great addition to this dish. You could add rosemary, oregano, basil or fennel..

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	4g	72g

FROM YOUR BOX

SPELT SPAGHETTI	250g
MUSHROOMS	200g
BROWN ONION	1
CELERY STICK	1
GARLIC CLOVE	1
CARROT	1
TOMATO SUGO	1 jar
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs, 1 stock cube

KEY UTENSILS

frypan, saucepan, food processor

NOTES

You can chop or slice the mushrooms instead of using a food processor.

No gluten option - spelt spaghetti is replaced with gluten-free long pasta.

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1. COOK THE PASTA

Bring a saucepan of water to the boil. Add **spaghetti** and cook according to packet instructions or until al dente. Drain and reserve **1/2 cup pasta water.**



2. MINCE THE MUSHROOMS

Roughly chop **mushrooms** and place into a food processor. Pulse until they form a rough mince like consistency (see notes).



3. COOK THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Slice and add **onion** and **celery**. Cook for 3-4 minutes then add **1 tsp Italian herbs, crushed garlic** and **minced mushrooms**.



4. SIMMER THE SAUCE

Dice or grate **carrot**, add to pan. Cook for 2-3 minutes then add **tomato sugo**, **stock cube** and **1/2-1 cup water.** Bring to a simmer, semi cover, and cook for 10 minutes.



5. ADD THE PASTA

Rinse and add **cooked pasta** to **sauce** toss gently to combine. Season to taste with **salt and pepper** (add some reserved pasta water if sauce is too thick).



6. FINISH AND SERVE

Roughly chop **parsley**.

Divide **pasta** between bowls and top with **parsley**.

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