

DINNERLY



Plant-Based Bolognese with Penne and Spinach



30 minutes



2 Servings

It's plant power all the way with our super-tasty vegan dishes! Our meat-free, dairy-free, honey-free dishes are amped with plant-based proteins, fresh produce, nuts and seeds. Best of all, they're for everyone, whether you're vegan, vegetarian or flexitarian.

WHAT WE SEND

- 1 red onion
- 1 carrot
- 2 garlic cloves
- 200g penne pasta ^{1,4}
- 250g plant-based mince ²
- 10g Italian seasoning ³
- 50g tomato paste
- 400g diced tomatoes
- 50g baby spinach leaves

WHAT YOU NEED

- 1 tbs olive oil
- 1 tsp sugar

TOOLS

- medium saucepan
- medium deep frypan

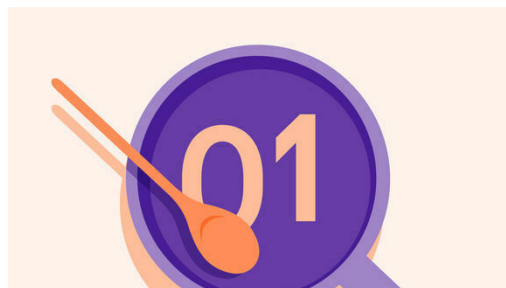
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (2), Sulphites (3), Wheat (4).
May contain traces of other allergens.

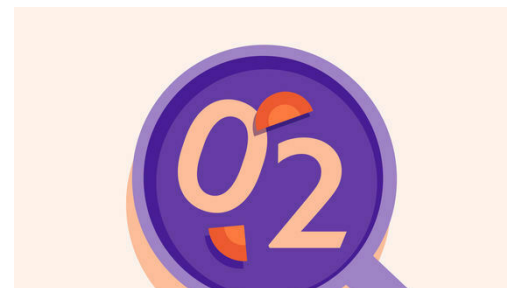
NUTRITION PER SERVING

Energy 845kcal, Fat 28.1g, Carbs 99.8g,
Protein 39.5g



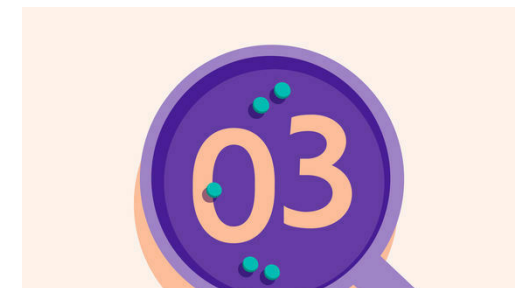
1. Prep ingredients

Bring a medium saucepan of salted water to the boil for the pasta. Thinly slice the **onion**. Finely chop the **carrot**. Crush or finely chop the **garlic**.



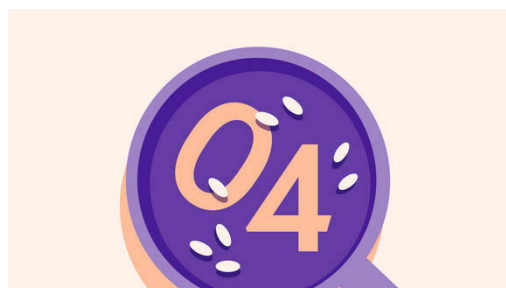
2. Cook pasta

Cook the **pasta** in the pan of boiling water for 10 mins or until al dente. Drain.



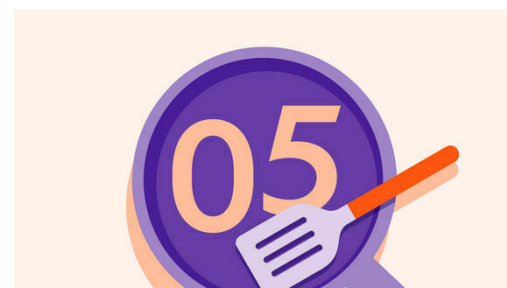
3. Cook plant-based mince

Meanwhile, heat **1 tbs olive oil** in a medium deep frypan over medium heat. Cook the **onion** and **carrot**, stirring, for 3-4 mins until softened. Increase the heat to medium-high. Add the **plant-based mince** and cook, breaking up the lumps with a spoon, for 5-6 mins until browned.



4. Simmer bolognese

Add the **garlic**, **Italian seasoning** and **tomato paste** to the mince mixture and cook, stirring, for 1 min or until fragrant. Season with **salt and pepper**. Add the **tomatoes**, **1 tsp sugar** and **180ml (¾ cup) water** and bring to the boil. Reduce the heat to medium and cook, stirring occasionally, for 10-12 mins until slightly thickened.



5. Serve up

Add the **spinach** and **pasta** to the bolognese and stir until the spinach is wilted and the pasta is warmed through. Taste, then season with **salt and pepper**. Divide the **pasta bolognese** among bowls and enjoy!



6. Make it yours

If you're following a flexitarian or vegetarian diet and have some cheddar or parmesan on hand, scatter over to serve. Alternatively, use plant-based cheese if you have some.