



## Plant-Based: Meat-Free Bolognese

with Mushrooms & Carrots



30-40min



2 Servings

Incorporating plant-based meals into your weekly routine doesn't have to be difficult. We make it easy with quick-to-prepare meat-free meals brimming with flavor. For this bolognese, we combine onions, carrots, baby bella mushrooms, tomatoes, and our protein-packed plant-based ground. The result is a rich "meaty" sauce perfect for coating al dente spaghetti. A sprinkle of torn basil leaves on top and *mangia*, dinner is served!



## What we send

- 4 oz carrot
- 1 medium yellow onion
- 2 oz baby bella mushrooms
- garlic
- 1 can whole peeled tomatoes
- 1 pkg spaghetti <sup>1</sup>
- ½ lb pkg plant-based ground <sup>1,6,15</sup>
- ¼ oz fresh basil

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- large pot
- medium skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

### Allergens

Wheat (1), Soy (6), Tree Nuts (15).  
May contain traces of other allergens.  
Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 820kcal, Fat 33g, Carbs 98g, Proteins 37g



### 1. Prep vegetables

Bring a large pot of **salted water** to a boil. Scrub **carrot**, halve lengthwise, and cut into ½-inch pieces (about 1½ cups). Halve and cut **all of the onion** into ½-inch pieces. Wipe **mushrooms**, then cut into ¼-inch pieces. Finely chop **2 teaspoons garlic**. Use kitchen shears to cut **tomatoes** in the can until finely chopped.



### 4. Cook mushrooms

Once **carrots and onions** are softened, add **mushrooms** to skillet and cook, stirring occasionally, until mushrooms are just beginning to soften, 1-2 minutes.



### 2. Cook carrots & onions

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **carrots, onions**, and **a pinch each of salt and pepper**. Cook, stirring occasionally, until vegetables are softened and lightly browned, 5-7 minutes.



### 5. Simmer bolognese sauce

To skillet with **vegetables**, add **chopped garlic, plant-based ground**, and **1 tablespoon oil**. Cook, breaking protein up into small pieces, until just beginning to brown, 3-4 minutes. Stir in **tomatoes** and **reserved cooking water**; bring to a simmer. Cook over medium-high heat until sauce is slightly thickened, about 10 minutes. Season to taste with **salt** and **pepper**.



### 3. Boil spaghetti

While **vegetables** cook, add **spaghetti** to boiling water. Cook, stirring often to prevent clumping, until al dente, 8-9 minutes. Reserve **½ cup cooking water**, then drain pasta, return to pot, and toss with **1 teaspoon oil**. Cover to keep warm until step 6.



### 6. Finish & serve

Transfer **bolognese sauce** to pot with **pasta** and toss to combine. Serve **meat-free bolognese and pasta** garnished with **torn basil leaves**. Enjoy!