



Product Spotlight: Celery

Celery is well known for being low in calories, but its health benefits go far beyond that. Unlike many other vegetables, celery retains most of its nutrients, even after cooking!



Mushroom Bolognese

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



25 minutes



4/6 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, fennel or parsley.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	2g	94g

FROM YOUR BOX

	4 PERSON	6 PERSON
HEMP SPAGHETTI (GF)	2 x 250g	3 x 250g
MUSHROOMS	400g	400g + 200g
BROWN ONION	1	2
CELERY STICKS	2	2
GARLIC CLOVES	2	3
CARROT	1	2
TOMATO SUGO	1 jar	2 jars
BASIL	1 packet	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.

If you have some grated cheese in the fridge, serve alongside the pasta.



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1. COOK THE PASTA

Bring a saucepan of water to the boil. Add **pasta** and cook for 2–5 minutes until al dente. Drain **pasta**, reserving **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 **2 tsp Italian herbs**, **crushed garlic** and **minced mushrooms**.

6P – use 1 tbsp Italian herbs.



4. SIMMER THE SAUCE

Dice or grate **carrot**, add to pan. Cook for 2–3 minutes then add **tomato sugo**, **stock cube** and **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 **basil**.

Divide **pasta** between bowls and top with basil (see notes).

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

