




### 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!



## Shroomaise

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

 25 minutes

 4 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
	28g	14g	90g

## FROM YOUR BOX

HEMP SPAGHETTI (GF)	2 x 250g
MUSHROOMS	400g
BROWN ONION	1
GARLIC CLOVES	2
CARROT	1
CELERY STICKS	2
TOMATO SUGO	1 jar
BASIL	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.



### 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 of 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 ONION

Heat a large frypan over medium-high heat with **oil**. Slice and add **onion** along with **2 tsp Italian herbs**. Cook for 3-4 minutes then add crushed **garlic** and minced mushrooms.



### 4. ADD THE VEGETABLES

Dice or grate **carrot** and **celery**, adding to pan as you go. Cook for 2-3 minutes then add **pasta sauce**, **stock cube** and **1 cup water**. Bring to a simmer, semi cover, and cook for 10 minutes.



### 5. ADD THE PASTA

Add cooked pasta to frypan and mix well. 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).



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