



Veggie Ragu

with Penne and Plant-Based Mozzarella

Veggie

25 Minutes

Customized Protein **+** Add **↻** Swap or ***2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

+ Add



Mild Italian Sausage
(uncased)
250 g | 500 g



Penne
170 g | 340 g



Mushrooms
113 g | 227 g



Mirepoix
113 g | 227 g



Mini Cucumber
1 | 2



Spring Mix
56 g | 113 g



Plant-Based Mozzarella Cheese, shredded
¾ cup | 1 ½ cup



Crushed Tomatoes with Garlic and Onion
1 | 2



Balsamic Vinegar
1 tbsp | 2 tbsp



Vegetable Stock Powder
1 | 2



Chili Flakes
1 tsp | 2 tsp



Seed Blend
28 g | 56 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Pepper, oil, sugar, salt

Cooking utensils | Colander, large bowl, large non-stick pan, large pot, measuring cups, measuring spoons, whisk

1



Prep and make dressing

- Before starting, add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Thinly slice **mushrooms**.
- Thinly slice **cucumber**.
- Add **vinegar**, $\frac{1}{2}$ **tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **cucumbers** to the bowl with **dressing**, then toss to coat.

4



Make sauce

- Add **crushed tomatoes**. Bring to a boil. Once boiling, cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min.

2



Cook penne

- Add **penne** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve $\frac{3}{4}$ **cup** (1 $\frac{1}{2}$ cups) **pasta water**, then drain and return **penne** to the same pot, off heat.

5



Finish pasta

- Add $\frac{1}{2}$ **cup** (1 cup) **reserved pasta water** to the **pasta**, then stir to combine. (**TIP**: For a lighter sauce consistency, add more water, 1-2 tbsp at a time, if desired.) Season with **salt** and **pepper**, to taste.
- Sprinkle with **cheese**. Cook, covered, until **cheese** melts, 3-4 min.

3



Cook mushrooms

- + Add | **Mild Italian Sausage (uncased)**
- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add $\frac{1}{2}$ **tbsp** (1 tbsp) **oil**, then **mushrooms** and **mirepoix**. Cook, stirring occasionally, until softened, 5-6 min.
- Add **stock powder**. Cook, stirring occasionally, until **veggies** are coated, 30 sec.

6



Finish and serve

- Meanwhile, add **spring mix** to the bowl with **dressing** and **cucumbers** (from step 1), then toss to combine.
- Divide **pasta** between plates.
- Sprinkle with **chili flakes**, if desired.
- Serve **salad** alongside.
- Sprinkle **seed blend** over **salad**.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

3 | Cook sausage and mushrooms

+ Add | **Mild Italian Sausage (uncased)**

If you've opted to add **sausage**, when the pan is hot, add **sausage** along with **mushrooms** and **mirepoix**. Season with **salt** and **pepper**. Cook, breaking up **sausage** and stirring often until **mushrooms** and **mirepoix** have softened and **sausage** is cooked through, 4-6 min.** Follow the rest of the recipe as written.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.