



Fiery Lentil Spaghetti Arrabiata

with Spinach and Roasted Red Peppers

Veggie

Spicy

30 Minutes



Spaghetti



Red Lentils



Garlic, cloves



Roasted Red Peppers



Parsley



Yellow Onion



Crushed Tomatoes



Baby Spinach



Chili Flakes



Chili-Garlic Sauce



Tomato Sauce Base



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HELLO LENTILS

High in fibre, low in carbs and perfect for veggie protein!

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 4 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp

Bust out

Colander, measuring spoons, strainer, medium pot, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Spaghetti	170 g	340 g
Crushed Tomatoes	370 ml	796 ml
Red Lentils	½ cup	1 cup
Baby Spinach	56 g	113 g
Garlic, cloves	3	6
Chili Flakes 🌶️	1 tsp	2 tsp
Roasted Red Peppers	170 ml	340 ml
Chili-Garlic Sauce 🌶️	½ tbsp	1 tbsp
Parsley	7 g	14 g
Tomato Sauce Base	2 tbsp	4 tbsp
Yellow Onion	56 g	113 g
Oil*		
Salt and Pepper*		

* Pantry items

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.

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Cook spaghetti

- 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.
- Add **spaghetti** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **¼ cup pasta water** (dbl for 4 ppl), then drain and return **spaghetti** to the same pot, off heat.



Start sauce

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions** and **½ tsp chili flakes**. (NOTE: Reference heat guide.)
- Cook, stirring constantly, until fragrant, 2-3 min.
- Add **tomato sauce base** and **garlic**. Cook, stirring often, until combined, 1 min.



Cook lentils

- Meanwhile, rinse **lentils** in a strainer until **water** runs clear.
- Add **lentils** and **enough water** to cover (by approx. 1 inch) to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until tender, 6-8 min.
- Drain **lentils**.



Finish sauce

- Add **crushed tomatoes**, **reserved pasta water**, **roasted red peppers** and **½ tbsp chili-garlic sauce**.
- Cook, stirring occasionally, until warmed through, 3-4 min.
- Add **lentils**. Cook, stirring occasionally, until well-combined and slightly reduced, 2-3 min.
- Season with **salt** and **pepper**.



Prep

- Meanwhile, drain and rinse **roasted red peppers**, then roughly cut into ½-inch strips.
- Peel, then cut **half the onion** into ½-inch pieces. (Use whole onion for 4 ppl.)
- Peel, then mince or grate **garlic**.
- Roughly chop **spinach**.
- Roughly chop **parsley**.



Finish and serve

- Add **sauce** and **spinach** to the pot with **spaghetti**, then toss until **spinach** wilts, 1 min. (TIP: For a more luscious sauce, stir in 1 tbsp olive oil or plant-based butter!)
- Season with **salt** and **pepper**, to taste.
- Divide **spaghetti** between bowls.
- Sprinkle **parsley** over top.

Dinner Solved!