



Lamb Pastitsio Style Pasta

with Oregano, Spinach and Creme Fraiche

Classic 40-45 Minutes • 2 of your 5 a day

45



Red Onion



Lamb Mince



Macaroni



Garlic Clove



Dried Oregano



Tomato Passata



Red Wine
Stock Paste



Baby Spinach



Panko Breadcrumbs



Creme Fraiche



Beef Mince

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Frying pan, saucepan, colander, garlic press and bowl.

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Lamb Mince**	200g	300g	400g
Macaroni 13	180g	270g	360g
Garlic Clove**	1	2	2
Dried Oregano	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1 carton	1 carton
Red Wine Stock			
Paste 14	28g	42g	56g
Baby Spinach**	40g	100g	100g
Panko Breadcrumbs 13	25g	35g	50g
Crema Fraiche** 7	150g	225g	300g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml
Reserved Pasta Water*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	490g	100g	510g	100g
Energy (kJ/kcal)	3757 / 898	767 / 183	4066 / 972	798 / 191
Fat (g)	39.6	8.1	45.8	9.0
Sat. Fat (g)	21.6	4.4	23.7	4.7
Carbohydrate (g)	99.8	20.4	98.7	19.4
Sugars (g)	18.4	3.8	18.4	3.6
Protein (g)	37.2	7.6	44.4	8.7
Salt (g)	2.59	0.53	2.66	0.52

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Fry the Lamb

Heat a large frying pan on medium-high heat (no oil). Halve, peel and chop the **red onion** into small pieces.

Once hot, add the **lamb mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks.

Once browned, drain and discard any excess fat from the **lamb**, then stir in the **onion** and cook until soft, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **lamb**, cook the recipe in the same way.



Oh Crumbs

Meanwhile, in a small bowl, mix the remaining **dried oregano** with the **breadcrumbs** and a drizzle of **oil**. Season with **salt** and **pepper**, then set your **herby crumb** aside.

Preheat your grill to high.



Pasta Time

While the **mince** cooks, bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp salt**.

When boiling, stir the **macaroni** into the **water** and bring back to the boil. Cook until tender, 12 mins. Once cooked, reserve some **pasta water** (see pantry for amount), then drain in a colander.

Pop the **macaroni** back into the pan, drizzle with **oil** and stir through to stop it sticking together. Set aside for now.



Grill until Golden

Stir the **creme fraiche** and **reserved pasta water** into the pan of **cooked pasta**. Season with **salt** and **pepper**, then pop on medium-high heat, stirring gently, to warm through, 1-2 mins.

Once thickened, spoon the **lamb mixture** into an ovenproof dish, then top with the **creamy pasta**. Sprinkle over the **herby crumb** and grill until golden brown, 2-3 mins.



Build the Flavour

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Stir the **garlic** and **half the dried oregano** into the **lamb**. Cook, stirring, until fragrant, 1-2 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

Next, pour the **passata**, **red wine stock paste** and **water for the sauce** (see pantry for amount) into the **mince**. Bring to the boil, then lower the heat. Simmer until the **sauce** has thickened and reduced by half, 12-15 mins.

After 10 mins, stir in the **spinach** a handful at a time and cook until wilted and piping hot.



Serve

Once golden, allow your **pastitsio style pasta** to stand for a couple of mins before sharing between your bowls.

Enjoy!