

Speedy Spag Bol with Spinach and Cheese















Beef Mince





Red Wine Jus Paste



Baby Spinach



Grated Hard Italian Style Cheese

Spaghetti

Pantry Items Oil, Salt, Pepper

Before you start

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

Cooking tools

Garlic press, saucepanm frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1	2	2
Beef Mince**	240g	360g	480g
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Red Wine Jus Paste 10) 14)	22g	37g	44g
Spaghetti 13)	180g	270g	360g
Baby Spinach**	40g	80g	80g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Pantru	2P	3P	4P
J	21	JF	46
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	519g	100g
Energy (kJ/kcal)	3236/773	624/ 149
Fat (g)	24.7	4.8
Sat. Fat (g)	10.6	2.0
Carbohydrate (g)	90.0	17.4
Sugars (g)	18.8	3.6
Protein (g)	48.6	9.4
Salt (g)	3.50	0.67

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

Allergens

7) Milk 8) Egg 10) Celery 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.

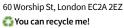
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).

Bring a large saucepan of water to the boil with ½ tsp salt for the spaghetti.



Fry the Mince

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **beef mince** and the **onion**. Cook until the **mince** has browned and the **onion** has softened, 4-5 mins. Use a spoon to break the **mince** up as it cooks, then drain and discard any excess fat. IMPORTANT: Wash your hands and equipment after handling raw mince.

Add the **garlic** and stir-fry for 1 min more.



Simmer your Bolognese

Once the **mince** has browned, add the **chopped tomatoes**, **red wine jus paste** and **water for the sauce** (see pantry for amount) to the **mince**. TIP: If your red wine jus paste has hardened, pop it in a bowl of hot water for 1 min.

Stir well to combine, then reduce the heat to low and simmer gently until the **sauce** has thickened, 10-12 mins. **IMPORTANT**: *The mince is cooked when no longer pink in the middle*.



Cook the Spaghetti

While the **Bolognese** cooks, add the **spaghetti** to the pan of **boiling water** and bring back to the boil. Cook until tender, 8 mins.

Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Add the Spinach

When the **mince** is cooked and the **sauce** has thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Take the **Bolognese** off the heat and stir through the **cooked spaghetti** and **half** the **grated hard Italian style cheese**.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.



Serve Up

Share your **speedy spag bol** between your bowls. Sprinkle over the remaining **grated hard Italian style cheese** to finish.

Enjoy!