



Beef and Lentil Linguine Bolognese

with Italian Style Cheese and Rocket

25

Calorie Smart 25-30 Minutes • 2 of your 5 a day • Under 650 Calories



Lentils



Garlic Clove



Linguine



Beef Mince



Mixed Herbs



Finely Chopped Tomatoes



Worcester Sauce



Red Wine Stock Paste



Grated Hard Italian Style Cheese



Wild Rocket

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

Saucepan, sieve, garlic press, frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Lentils	½ carton	¾ carton	1 carton
Garlic Clove**	2	3	4
Linguine 13)	180g	270g	360g
Beef Mince**	120g	180g	240g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes	½ carton	¾ cartons	1 carton
Worcester Sauce 13)	15g	22g	30g
Red Wine Stock Paste 14)	28g	42g	56g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
Wild Rocket**	20g	40g	40g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2661/636	642/153
Fat (g)	14.6	3.5
Sat. Fat (g)	6.5	1.6
Carbohydrate (g)	89.9	21.7
Sugars (g)	14.7	3.5
Protein (g)	33.2	8.0
Salt (g)	3.61	0.87

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
Point™ values based on low-cal cooking spray oil.

Allergens

7) Milk **8)** Egg **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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Cook the Linguine

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

Meanwhile, drain and rinse the **lentils** (see ingredients for amount) in a sieve. Peel and grate the **garlic** (or use a garlic press).

When boiling, add the **linguine** to the **water** and bring back to the boil. Cook until tender, 12 mins.

TIP: Keep the other half of the lentils for another recipe.



Simmer the Sauce

Bring the **mixture** to the boil, then reduce the heat and simmer, stirring occasionally, until the **sauce** has thickened, 7-8 mins.

Meanwhile, once the **linguine** is cooked, drain it in a colander and pop back in the pan.

Drizzle with **oil** and stir through to stop it sticking together.



Fry the Mince

While the **pasta** cooks, heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

Once the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.



Time to Combine

Once the **Bolognese** is ready, mix in the **hard Italian style cheese** and **cooked linguine**, adding a splash of **water** to loosen if needed.

Taste and season with **salt** and **pepper** if you feel it needs it.



Bring on the Bolognese

Stir the **garlic** and **mixed herbs** into the **beef**. Cook for 1 min.

Mix in the **chopped tomatoes** (see ingredients for amount), **lentils**, **Worcester sauce**, **red wine stock paste** and **water for the sauce** (see pantry for amount). Add a pinch of **sugar** (if you have any). **TIP:** Keep the other half of the chopped tomatoes for another recipe.



Serve

Share the **beef and lentil linguine Bolognese** between your bowls.

Top with a handful of **rocket** to finish.

Enjoy!



Weight Watchers