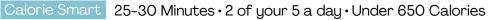


Beef and Lentil Linguine Bolognese

with Italian Style Cheese and Rocket











Linguine





Mixed Herbs





Grated Hard Italian Style Cheese





Red Wine Stock Paste



Finely Chopped Tomatoes



Worcester Sauce



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

9			
Ingredients	2P	3P	4P
Lentils	½ carton	3/4 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

Nutrition

*Not Included **Store in the Fridge

Typical Values	Per serving	Per 100g
for uncooked ingredient	414g	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 1/2 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.



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.



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.



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.



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.



Serve

Share the beef and lentil linguine Bolognese between your bowls.

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

Enjoy!



