



# Speedy Spag Bol with Spinach and Cheese

Knorr 30-35 Minutes • 3 of your 5 a day

4



Onion



Garlic Clove



Beef Mince



Finely Chopped  
Tomatoes with  
Onion and Garlic



KNORR Beef Stock



Spaghetti



Baby Spinach



Grated Hard  
Italian Style Cheese



Bacon Lardons



### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

### Give it more with Knorr!

Melt Knorr Stock Pots into your cooking and effortlessly give your meals full-on flavour to please every crowd.

### 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, saucepan, 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 Onion and Garlic	1 carton	1½ cartons	2 cartons
KNORR Beef Stock	1 pot	1 pot	2 pots
Spaghetti <b>13</b>	180g	270g	360g
Baby Spinach**	40g	80g	80g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	20g	40g	40g
Bacon Lardons**	90g	120g	180g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	558g	100g	603g	100g
Energy (kJ/kcal)	3121 / 746	560 / 134	3609 / 863	599 / 143
Fat (g)	24.6	4.4	33.7	5.6
Sat. Fat (g)	10.5	1.9	13.4	2.2
Carbohydrate (g)	84.7	15.2	85.6	14.2
Sugars (g)	18.1	3.2	18.1	3.0
Protein (g)	46.8	8.4	54.5	9.0
Salt (g)	2.45	0.44	3.68	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7**) Milk **8**) Egg **13**) Cereals containing gluten

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

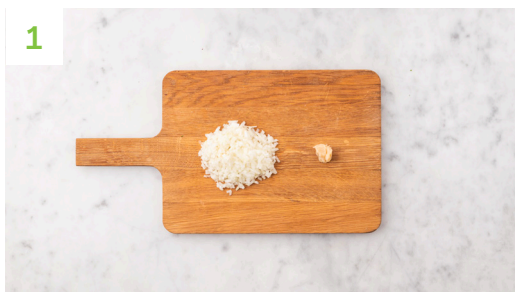
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## Get Prepped

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  $\frac{1}{2}$  **tsp salt** for the **spaghetti**.

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



## Fry Time

Once the **oil** is hot, add the **beef mince** and the **onion**. Cook until the **mince** has browned and the **onion** has softened, 5-6 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.

Season with **salt** and **pepper**. Add the **garlic** and stir-fry for 1 min more.

## CUSTOM RECIPE

If you're adding **bacon**, add it to the pan before the **mince**. Fry until golden, 4-5 mins, then add the **mince** and continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.



## Simmer your Bolognese

Once the **mince** has browned, add the **chopped tomatoes**, **Knorr beef stock** and the **water for the sauce** (see pantry for amount) to the **mince**.

Stir to combine, bring up to a boil, 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

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

Remove the **sauce** from the heat and stir through the **cooked spaghetti** and **half** the **hard Italian style cheese**.

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



## Serve Up

Share your **speedy spag bol** between your bowls.

Sprinkle over the remaining **hard Italian style cheese** to finish.

## Enjoy!