



Ultimate Beef and Bacon Spaghetti Bolognese

with Parmesan, Garlic Bread and Balsamic Rocket Salad

35

Ultimate 40-45 Minutes • 1 of your 5 a day



Garlic Clove



British Beef Mince



British Smoked
Bacon Lardons



Tomato Passata



Mixed Herbs



Red Wine Jus Paste



Spaghetti



Balsamic Vinegar



Ciabatta



Wild Rocket



Parmigiano Reggiano

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

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, frying pan, saucepan, baking tray, colander and bowl.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
British Beef Mince**	240g	360g	480g
British Smoked Bacon Lardons**	60g	90g	120g
Tomato Passata	1 carton	2 cartons	2 cartons
Mixed Herbs	1 sachet	1 sachet	2 sachets
Red Wine Jus Paste 10) 14)	22g	30g	44g
Spaghetti 13)	180g	270g	360g
Balsamic Vinegar 14)	12ml	12ml	24ml
Ciabatta 13)	1	2	2
Wild Rocket**	20g	40g	40g
Parmigiano Reggiano** 7)	20g	30g	40g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	200ml	300ml	400ml
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Garlic Bread*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	549g	100g
Energy (kJ/kcal)	4233/1012	771/184
Fat (g)	43.8	8.0
Sat. Fat (g)	14.4	2.6
Carbohydrate (g)	101.8	18.5
Sugars (g)	12.3	2.2
Protein (g)	54.6	9.9
Salt (g)	3.21	0.58

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

Allergens

7) Milk **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, mollusc, 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 Frying

Preheat your oven to 220°C/200°C fan/gas mark 7. Peel and grate the **garlic** (or use a garlic press).

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

Once hot, add the **beef mince** and **bacon lardons**. Cook until browned and golden, 6-8 mins.

Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **pepper**.

IMPORTANT: Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



Dress the Rest

Meanwhile, in a medium bowl, combine the **balsamic vinegar** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**, then set aside.

Halve the **ciabatta** and place on a baking tray, cut-side up.

In a small bowl, combine the **olive oil for the garlic bread** (see pantry for amount) and remaining **garlic**. Spread the **garlic oil** over each **ciabatta half**.



Simmer your Bolognese

Stir in **half** the **garlic** and cook for 1 min, then add the **passata, mixed herbs, red wine jus paste, sugar** and **water for the sauce** (see pantry for both amounts).

TIP: If your red wine jus paste has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

Stir to combine, bring to the boil, then lower the heat and simmer until thickened, 15-20 mins.



Combine and Stir

Bake the **ciabatta** on the top shelf of your oven until golden, 5-6 mins.

Once the **Bolognese** has thickened, taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.

When ready, add the **cooked spaghetti** to the **Bolognese** and toss to coat.



Hey Spaghetti

Meanwhile, bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**.

When boiling, 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 in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Finish and Serve

When everything's ready, add the **rocket** to the **dressing** bowl and toss to coat. Cut the **garlic bread** into triangles.

Share your **ultimate beef and bacon spaghetti Bolognese** between bowls. Serve with the **salad** and **garlic bread** alongside.

Sprinkle the **Parmigiano** over the **pasta** to finish.

Enjoy!