



Easy Peasy Beef and Vegan 'Nduja Bolognese

with Linguine, Spinach and Cheese

Super Quick 15 Minutes • **Medium Spice** • 1 of your 5 a day

8



British Beef and Pork Mince



Linguine



Vegan 'Nduja



Tomato Passata



Chicken Stock Paste



Baby Spinach



Grated Hard Italian Style Cheese



Burrata

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup, Sugar

+ Add Burrata

If you chose to add burrata, then just follow the instructions on the back of this card.

Happy cooking!



Originating from the city of Bologna in Italy, Bolognese sauce is also known as ragù alla Bolognese - a rich, meat-based tomato sauce to dress pasta or make a lasagne. In this recipe, we're combining it with veggie 'Nduja, a hot, umami blend of Calabrian chillies and peppers, that's completely meat-free but with all the same flavour.

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Kettle, frying pan and saucepan.

Ingredients

Ingredients	2P	3P	4P
British Beef and Pork Mince**	240g	360g	480g
Linguine 13	180g	270g	360g
Vegan 'Nduja	½ sachets	¾ sachets	1 sachet
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
Baby Spinach**	40g	100g	100g
Burrata** 7	125g	250g	250g
Pantry	2P	3P	4P
Tomato Ketchup*	1 tbsp	1½ tbsp	2 tbsp
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	420g	100g	482g	100g
Energy (kJ/kcal)	3137 / 750	748 / 179	3815 / 912	791 / 189
Fat (g)	29.9	7.1	44.3	9.2
Sat. Fat (g)	9.4	2.2	18.7	3.9
Carbohydrate (g)	76.8	18.3	78.0	16.2
Sugars (g)	11.9	2.8	13.0	2.7
Protein (g)	41.1	9.8	47.3	9.8
Salt (g)	2.41	0.58	2.67	0.55

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, 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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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Get Started

- Boil a full kettle.
- Meanwhile, heat a frying pan on medium-high heat (no oil).
- Once hot, fry the **beef and pork mince**, 5-6 mins. Break up the **mince** as it cooks.
IMPORTANT: Wash hands and utensils after handling raw meat.



Flavour Time

- Once the **mince** is cooked, drain the fat. Season with **salt** and **pepper**.
IMPORTANT: Cook so there's no pink in the middle.
- Stir in the **vegan 'nduja** (add less if you'd prefer things milder), **passata**, **chicken stock paste**, **tomato ketchup**, **sugar** and **water for the sauce** (see pantry for all three amounts).
- Bring to the boil, then lower the heat and simmer, 3-4 mins.

+ Add Burrata

If you're adding **burrata**, drain, then carefully halve it. Serve it on top of the **pasta** in the final step.



Pasta On

- Meanwhile, when boiling, pour the **water** into a saucepan with **½ tsp salt** on high heat.
- Boil the **linguine**, 12 mins.



Dinner's Ready!

- Next, stir in **cheese** and **spinach** in handfuls, making sure it's piping hot, 1-2 mins.
- Season with **salt** and **pepper**.
- Once the **pasta** is cooked, drain and stir it into the **mince**.
- Share out between your serving bowls.

Enjoy!