HELLO FRESH

Speedy Lamb Spag Bol
with Spinach and Cheese

Family 20 Minutes • 2 of your 5 a day

Ingredients:

- Lamb Mince
- Onion
- Garlic Clove
- Dried Oregano
- Spaghetti
- Finely Chopped Tomatoes with Onion and Garlic
- Red Wine Stock Paste
- Baby Spinach
- Grated Hard Italian Style Cheese

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 using lamb and making it come together in just 25 minutes.

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

Kettle, frying pan, garlic press, saucepan and colander.

Ingredients

Ingredients	2P	3P	4P
Lamb Mince**	200g	300g	400g
Onion	1	1½	2
Garlic Clove**	1	2	2
Dried Oregano	1 sachet	1 sachet	2 sachets
Spaghetti 13)	180g	270g	360g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	14g	28g	28g
Baby Spinach**	40g	60g	80g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g

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

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	545g	100g
Energy (kJ/kcal)	2872 /686	527 /126
Fat (g)	18.5	3.4
Sat. Fat (g)	8.4	1.5
Carbohydrate (g)	89.6	16.4
Sugars (g)	19.9	3.7
Protein (g)	39.5	7.3
Salt (g)	3.26	0.60

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 **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

1

Fry the Lamb

a) Boil a full kettle.

b) Heat a large frying pan on high heat (no oil).

c) Once hot, add the **lamb mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

d) Season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*

2

Prep Time

a) While the **lamb** cooks, halve, peel and chop the **onion** into small pieces.

b) Peel and grate the **garlic** (or use a garlic press).

c) Add the **onion** to the **lamb** and cook, stirring occasionally, until softened, 3-4 mins.

d) Stir in the **garlic** and **dried oregano**, then cook for 1 min more.

3

Cook the Spaghetti

a) Meanwhile, pour the **boiled water** into a large saucepan with **½ tsp salt** on high heat.

b) Add the **spaghetti** and bring back to the boil. Cook until tender, 8 mins.

c) Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.

4

Add the Flavour

a) While the **pasta** cooks, stir the **chopped tomatoes**, **red wine stock paste** and **water for the sauce** (see pantry for amount) into the **lamb**.

b) Add a pinch of **sugar** (if you have any) and stir to combine.

c) Bring to the boil, then reduce the heat and simmer until thickened, 6-7 mins. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*

5

All Together Now

a) When the **sauce** has thickened, stir the **spinach** into the pan a handful at a time until wilted and piping hot, 2-3 mins.

b) Add the **cooked spaghetti** and **half** the **hard Italian style cheese**, then toss to combine. Add a splash of **water** if it's a little dry.

c) Taste and season with **salt** and **pepper** if needed.

6

Serve Up

a) Share the **lamb spag bol** between your bowls.

b) Finish with a sprinkling of the remaining **cheese** over the top.

Enjoy!