



# Beef and Lentil Linguine Bolognese

with Cheese, Chilli Flakes and Balsamic Glazed Rocket

25

Calorie Smart 40-45 Minutes • 2 of your 5 a day • Under 650 Calories



-  Linguine
-  Lentils
-  Beef Mince
-  Garlic Clove
-  Italian Style Herbs
-  Tomato Passata
-  Red Wine Stock Paste
-  Chilli Flakes
-  Grated Hard Italian Style Cheese
-  Rocket
-  Balsamic Glaze

**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, colander, sieve, frying pan and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Linguine <b>13</b> )	180g	270g	360g
Lentils	½ carton	¾ carton	1 carton
Beef Mince**	120g	180g	240g
Garlic Clove**	2	3	4
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14</b> )	28g	42g	56g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Grated Hard Italian Style Cheese** <b>7</b> ) <b>8</b> )	20g	30g	40g
Rocket**	20g	40g	40g
Balsamic Glaze <b>14</b> )	12ml	18ml	24ml

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	362g	100g
Energy (kJ/kcal)	2658 /635	734 /175
Fat (g)	14.6	4.0
Sat. Fat (g)	6.5	1.8
Carbohydrate (g)	90.6	25.0
Sugars (g)	14.3	3.9
Protein (g)	33.2	9.2
Salt (g)	3.23	0.89

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.

## Contact

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### Cook the Linguine

Bring a large saucepan of **water** to the boil with **½ tsp salt**.

When boiling, add the **linguine** to the **water** and bring back to the boil. Cook until tender, 12 mins.

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

Meanwhile, drain and rinse the **lentils** in a sieve (see ingredients for amount).



### Add the Lentils

When the **Bolognese sauce** has 2 mins left, stir in the **lentils** (see ingredients for amount) and **half the chilli flakes** (add less if you prefer things milder). Cook for the remaining time.

**IMPORTANT:** *The mince is cooked when no longer pink in the middle.*

Season with **salt** and **pepper** then remove from the heat.



### Fry the Mince

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

Once hot, add the **beef mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Once the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.



### Time to Combine

Toss the **cheese** and **cooked linguine** into your **Bolognese**, adding a splash of **water** to loosen if needed.



### Bring on the Bolognese

Stir the **garlic** and **Italian style herbs** into the **beef**. Cook for 1 min.

Pour in the **passata**, **red wine stock paste** and **water for the sauce** (see pantry for amount). Add a pinch of **sugar** (if you have any), mix together, then bring to the boil.

Once boiling, reduce the heat and simmer, stirring occasionally, until the **sauce** has thickened, 7-8 mins.



### Serve

Share the **beef and lentil linguine Bolognese** between your bowls. Sprinkle over the remaining **chilli flakes** for anyone who wants a bit more heat.

Top with a handful of **rocket** and drizzle over the **balsamic glaze** to finish.

Enjoy!



Weight Watchers