



Beef and Lentil Spaghetti Bolognese

with Cheese and Rocket

26

Calorie Smart 25-30 Minutes • 2 of your 5 a day • Under 650 Calories



Spaghetti



Lentils



Beef Mince



Garlic Clove



Italian Style Herbs



Tomato Passata



Beef Stock Paste



Worcester Sauce



Grated Hard Italian Style Cheese



Rocket

Pantry Items

Oil, Salt, Pepper, 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

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

Ingredients

Ingredients	2P	3P	4P
Spaghetti 13	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
Beef Stock Paste	10g	15g	20g
Worcester Sauce 13)	15g	22g	30g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
Rocket**	20g	30g	40g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2643 /632	738 /177
Fat (g)	15.0	4.2
Sat. Fat (g)	6.5	1.8
Carbohydrate (g)	87.3	24.4
Sugars (g)	12.2	3.4
Protein (g)	34.7	9.7
Salt (g)	2.73	0.76

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
PersonalPoints™ values based on low-cal cooking spray oil.

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, 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 Spaghetti

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

When boiling, add the **spaghetti** 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.

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 through the **lentils** and cook for the remaining time.

Taste and season with **salt**, **pepper** and a **pinch** of **sugar** (if you have any). **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*



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, then drain and discard any excess fat.

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

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



Time to Combine

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



Bring on the Flavour

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

Pour in the **passata**, **beef stock paste**, **Worcester sauce** and **water for the sauce** (see pantry for amount), 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 spaghetti Bolognese** between your bowls.

Top with a handful of **rocket** and drizzle a little **olive oil** over the **leaves** to finish.

Enjoy!

