



Lamb Pastitsio Style Pasta

with Oregano, Spinach and Creme Fraiche

Summer Taste Tour 40-45 Minutes • 1 of your 5 a day

5



Lamb Mince



Red Onion



Garlic Clove



Dried Oregano



Panko Breadcrumbs



Tomato Passata



Red Wine Stock Paste



Baby Spinach



Macaroni



Creme Fraiche

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

Frying pan, garlic press, bowl, saucepan, colander and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Lamb Mince**	200g	300g	400g
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Dried Oregano	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs 13	25g	35g	50g
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14	1 sachet	1½ sachets	2 sachets
Baby Spinach**	40g	100g	100g
Macaroni 13	180g	270g	360g
Creme Fraiche** 7	150g	225g	300g

Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml
Pasta Water*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3514 /840	725 /173
Fat (g)	37.8	7.8
Sat. Fat (g)	17.2	3.6
Carbohydrate (g)	98.2	20.3
Sugars (g)	17.0	3.5
Protein (g)	36.2	7.5
Salt (g)	2.57	0.53

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

Allergens

7) Milk **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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1 Fry the Lamb

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

Once hot, add the **lamb 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.*



4 Sauce Things Up

Meanwhile, stir the **passata**, **red wine stock paste** and **water for the sauce** (see pantry for amount) into the **lamb**.

Bring to the boil, then lower the heat. Simmer until the **sauce** has thickened and reduced by half, 12-15 mins.

After 10 mins, stir in the **spinach** a handful at a time and cook until wilted and piping hot.

Preheat your grill to high.



2 Get Prepped

Meanwhile, halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).

Once browned, drain and discard any excess fat from the **lamb**, then add the **onion**. Stir together and cook until soft, 4-5 mins.

Stir in the **garlic** and **half** the **dried oregano**. Cook, stirring, until fragrant, 1-2 mins. **IMPORTANT:** *The lamb is cooked when no longer pink in the middle.*



5 Pasta Time

While the **sauce** simmers, add the **pasta** to your pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, reserve some **pasta water** (see pantry for amount), then drain in a colander. Pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



3 Make your Crumb

In a small bowl, mix the remaining **dried oregano** with the **panko breadcrumbs** and a drizzle of **oil**.

Season with **salt** and **pepper**. Set the **crumb** aside.

Put a large saucepan of **water** with **½ tsp salt** on to boil for the **pasta**.



6 Finish and Serve

Stir the **creme fraiche** and reserved **pasta water** into the pan of **cooked pasta**. Season with **salt** and **pepper**, then pop on medium-high heat, stirring gently, to warm through, 1-2 mins.

Spoon the **lamb mixture** into an ovenproof dish, then top with the **creamy pasta**. Sprinkle over the **crumb** and grill until golden brown, 2-3 mins.

Allow your **pastitsio style pasta** to stand for a couple of mins before sharing between your bowls.

Enjoy!