



Lamb Spaghetti with Courgette and Cheese

Rapid 20 Minutes • 4 of your 5 a day

15



Spaghetti



Courgette



Lamb Mince



Italian Style Herbs



Worcester Sauce



Finely Chopped Tomatoes with Onion and Garlic



Red Wine Stock Paste



Grated Hard Italian Style Cheese

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, saucepan, colander and frying pan.

Ingredients

Ingredients	2P	3P	4P
Spaghetti 13)	180g	270g	360g
Courgette**	1	1½	2
Lamb Mince**	200g	300g	400g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Worcester Sauce 13)	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	598g / 774	100g / 129
Fat (g)	21.5	3.6
Sat. Fat (g)	10.4	1.7
Carbohydrate (g)	95.1	15.9
Sugars (g)	29.9	5.0
Protein (g)	44.7	7.5
Salt (g)	4.63	0.77

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, 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 Pasta

- Fill and boil your kettle. Pour the **boiling water** and **½ tsp salt** into a large saucepan on high heat.
- Add the **spaghetti** to the pan and bring back to the boil. Cook until tender, 8 mins.
- Once cooked, drain in a colander and pop back into the pan, off the heat. Drizzle with **oil** and stir through to stop it sticking together.
- Meanwhile, trim the **courgette**, then quarter lengthways. Chop widthways into small pieces.



Simmer Away

- Once boiling, reduce the heat to medium.
- Simmer until the **sauce** has thickened and the **lamb** is cooked, 6-8 mins. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*
- Add a splash of **water** if it gets too thick.



Fry the Lamb

- Heat a large frying pan on high heat (no oil).
- Once hot, add the **lamb** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*
- Add the **courgette** and fry for 2-3 mins.
- Sprinkle over the **Italian style herbs** and cook, stirring, for 1 min.



Combine and Stir

- When thickened, toss the **cooked spaghetti** through the **sauce** along with **half the hard Italian style cheese** (if it's easier, transfer everything to the **pasta** saucepan to combine) and cook until piping hot.
- Taste and season with **salt** and **pepper** if needed.



Start the Sauce

- Add the **Worcester sauce** to the **lamb** and allow it to bubble away until evaporated, 30 secs.
- Stir in the **chopped tomatoes**, **red wine stock paste** and a pinch of **sugar** (if you have any), then bring to the boil.



Serve

- When ready, serve the **lamb spaghetti** in bowls.
- Finish with a sprinkle of the remaining **hard Italian style cheese**.

Enjoy!