

SPEEDY LAMB & FENNEL SPAG BOL

with Spinach





HELLO FENNEL

The whole plant is edible, you can eat the bulb, seeds, stalk and leaves!















Finely Chopped Tomatoes Wheat Spaghetti



Red Wine Stock Pot



Baby Spinach

with Garlic & Onion



Italian Style Grated



MEAL BAG

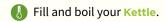
20 mins





Spag Bol is a dish full of depth, yet it's super easy to prep. Our chefs have chosen to use lamb mince rather than beef and add fennel. Fennel has a sweet liquorice flavour that imparts a light, bright spring-like quality to foods and fuses beautifully with lamb. The trick to preparing fennel is to slice it as thinly as possible, so it browns and caramelises evenly. Once the fennel and mince are browned, add chopped tomatoes and red wine stock for that wonderfully rich flavour. Sprinkle with cheese for a real crowd-pleaser.





Colander and Measuring Jug. Let's start cooking the Speedy Lamb & Fennel Spag Bol with Spinach.



FRY THE LAMB

- a) Fill a large saucepan with the water from your kettle and bring back to the boil with a pinch of salt for the wheat pasta.
- b) Put a large frying pan on high heat (no oil) and add the lamb mince.
- c) Fry until browned, breaking it up with a wooden spoon as it cooks, 3-4 mins.



2 PREP THE FENNEL

- a) Meanwhile cut the **fennel** in half lengthways, remove the triangle root in the middle, then slice thinly widthways.
- b) Add the **fennel** to the **lamb** and cook, stirring occasionally, for another 3-4 mins.



3 COOK THE WHEAT SPAGHETTI

a) Add the wheat spaghetti to the pan of boiling water and cook for 8 mins, then drain in a colander.



Sat. Fat (g) 9 4 Carbohydrate (g) 91 16

22 3.94 Fat (g) 3 Sugars (g) 18 44 8 Protein (g) Salt (g) 3.59 0.44

INGREDIENTS

2P

200g

1

200g

1

carton

½ pot

1 bag

1 pack

PER SERVING

565G

3155 / 754

3P

300g

1½

300g

1½

cartons

34 pot

¾ bag

1½ packs 2 packs

PER

100G

559 / 134

400g

2

400g

2

cartons

1 pot

1 bag

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

In order of use

Lamb Mince *

Wheat Spaghetti 13)

Tomatoes with Garlic

Red Wine Stock Pot 14)

Finely Chopped

Baby Spinach *

*Not Included

Italian Style Grated

Hard Cheese 7) 8) *

* Store in the Fridge **NUTRITION FOR**

Energy (kJ/kcal)

UNCOOKED INGREDIENT

Fennel *

& Onion

Water*

7) Milk 8) Egg 13) Gluten 14) Sulphites



4 SIMMER THE BOLOGNESE

- a) While the pasta cooks, stir the finely chopped tomatoes, stock pot and water (see ingredients for amount) into the lamb and fennel mixture.
- b) Add a pinch of **sugar** and stir to ensure the stock pot has dissolved, then bring to the boil, reduce the heat and simmer until thick and tomatoey, 6-7 mins.



5 FINISH UP

- a) When the sauce is nice and thick, stir in the spinach a handful at a time until wilted, 2-3 mins.
- b) Stir through the drained wheat spaghetti and half the Italian style grated hard **cheese**. * TIP: Add a splash of water if it looks a little dry. Season to taste with salt and **pepper** if needed.



6 SERVE

a) Serve the lamb and fennel spag bol in bowls finished with a sprinkling of the remaining cheese.

Enjoy!

Wheat Spaghetti. Ingredients: Durum wheat semolina, water. For allergens, including cereals containing gluten, see ingredients in bold.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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Packed in the UK

