



SPEEDY LAMB & FENNEL SPAG BOL

with Spinach



HELLO FENNEL

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



Lamb Mince



Fennel



Wheat Spaghetti



Finely Chopped Tomatoes with Garlic & Onion



Red Wine Stock Pot



Baby Spinach



Italian Style Grated Hard Cheese

MEAL BAG
20

20 mins

1.5 of your 5 a day

Rapid recipe

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.

GET **PREPARED!**

Fill and boil your **Kettle**.

BEFORE YOU START

🔥 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Large Saucepan**, **Large Frying Pan**, **Colander** and **Measuring Jug**. Let's start cooking the **Speedy Lamb & Fennel Spag Bol with Spinach**.



1 FRY THE LAMB

- 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.
- Put a large frying pan on high heat (no oil) and add the **lamb mince**.
- Fry until browned, breaking it up with a wooden spoon as it cooks, 3-4 mins.



2 PREP THE FENNEL

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



3 COOK THE WHEAT SPAGHETTI

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



4 SIMMER THE BOLOGNESE

- While the pasta cooks, stir the **finely chopped tomatoes**, **stock pot** and **water** (see ingredients for amount) into the **lamb and fennel mixture**.
- 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

- When the **sauce** is nice and thick, stir in the **spinach** a handful at a time until wilted, 2-3 mins.
- 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

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

Enjoy!

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Lamb Mince *	200g	300g	400g
Fennel *	1	1½	2
Wheat Spaghetti 13)	200g	300g	400g
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Red Wine Stock Pot 14)	½ pot	¾ pot	1 pot
Water*	100ml	150ml	200ml
Baby Spinach *	1 bag	¾ bag	1 bag
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 565G	PER 100G
Energy (kJ/kcal)	3155 / 754	559 / 134
Fat (g)	22	3.94
Sat. Fat (g)	9	4
Carbohydrate (g)	91	16
Sugars (g)	18	3
Protein (g)	44	8
Salt (g)	3.59	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

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

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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