



Ultimate Beef and Bacon Spaghetti Bolognese

with Parmesan, Garlic Bread and Balsamic Rocket Salad

35

Ultimate 40-45 Minutes • 1 of your 5 a day



Garlic Clove



Bacon Lardons



Beef Mince



Tomato Passata



Mixed Herbs



Red Wine Jus Paste



Balsamic Vinegar



Ciabatta



Parmigiano Reggiano



Spaghetti



Rocket

Pantry Items

Oil, Salt, Pepper, Sugar, 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

Garlic press, frying pan, saucepan, bowl, baking tray and colander.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--|-----------|-----------|-----------|
| Garlic Clove** | 3 | 4 | 6 |
| Bacon Lardons** | 60g | 90g | 120g |
| Beef Mince** | 240g | 360g | 480g |
| Tomato Passata | 1 carton | 2 cartons | 2 cartons |
| Mixed Herbs | 1 sachet | 1 sachet | 2 sachets |
| Red Wine Jus Paste 10 14 | 22g | 30g | 44g |
| Balsamic Vinegar 14 | 12ml | 12ml | 24ml |
| Ciabatta 13 | 1 | 2 | 2 |
| Parmigiano Reggiano** 7 | 20g | 30g | 40g |
| Spaghetti 13 | 180g | 270g | 360g |
| Rocket** | 20g | 40g | 40g |
| Pantry | 2P | 3P | 4P |
| Sugar for the Sauce* | 1 tsp | 1½ tsp | 2 tsp |
| Water for the Sauce* | 200ml | 300ml | 400ml |
| Olive Oil for the Dressing* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Olive Oil for the Garlic Bread* | 1 tbsp | 1½ tbsp | 2 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 449g | 100g |
| Energy (kJ/kcal) | 4233 /1012 | 943 /225 |
| Fat (g) | 43.8 | 9.8 |
| Sat. Fat (g) | 14.4 | 3.2 |
| Carbohydrate (g) | 101.8 | 22.7 |
| Sugars (g) | 12.3 | 2.7 |
| Protein (g) | 54.6 | 12.2 |
| Salt (g) | 3.21 | 0.72 |

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

Allergens

7) Milk **10**) Celery **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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Fry the Bacon

Preheat your oven to 220°C/200°C fan/gas mark 7.
Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **bacon lardons**. Stir-fry until golden, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.



Make your Garlic Bread

Halve the **ciabatta** and place on a baking tray, cut-side up.

In a small bowl, mix together the **olive oil for the garlic bread** (see pantry for amount) and **the remaining garlic**. Spread the **mixture** on top of each **ciabatta half**, then set aside.

Add the **spaghetti** to the pan of **boiling water** 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.



Cook the Mince

Once the **bacon** is golden, add the **beef mince** and cook until browned, 5-6 mins.

Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

Stir in **half** the **garlic** and cook for 1 min, then add the **sugar** and **water for the sauce** (see pantry for both amounts), **passata**, **mixed herbs** and **red wine jus paste**.



Combine and Stir

While the **pasta** cooks, bake the **ciabatta** on the top shelf of your oven until golden, 5-6 mins.

Once the **Bolognese** has thickened, taste and season with **salt** and **pepper** if needed.

When ready, add the **cooked spaghetti** to the **Bolognese** and toss to coat. Add a splash of **water** if it's a little thick.



Simmer the Bolognese

Stir together well, then bring the **Bolognese** to the boil and simmer until thickened, 15-20 mins. Add a splash of **water** if it gets too thick.

Meanwhile, bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**.

Put the **balsamic vinegar** and **olive oil for the dressing** (see pantry for amount) into a medium bowl, then season with **salt** and **pepper**. Mix well, then set aside your **dressing** for later.



Finish and Serve

When everything's ready, add the **rocket** to the **dressing** and toss together.

Cut the **garlic bread** into triangles.

Serve up your **ultimate beef and bacon spaghetti Bolognese** in bowls with the **salad** and **garlic bread** as sides.

Sprinkle the **Parmigiano** over the **pasta** to finish.

Enjoy!