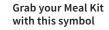
Beef Bolognese & Spaghetti with Hidden Veggies & Cheddar Cheese









Spaghetti

Brown Onion

Carrot



Zucchini

Beef Mince



Garlic & Herb



Seasoning

Diced Tomatoes with Garlic & Onion



Shredded Cheddar



Prep in: 15 mins Ready in: 20 mins

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People
olive oil*	refer to method
spaghetti	1 medium packet
garlic	2 cloves
brown onion	1
carrot	1
zucchini	1
beef mince	1 small packet
garlic & herb seasoning	1 large sachet
diced tomatoes with garlic & onion	1 tin
butter*	20g
shredded Cheddar cheese	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3948kJ (944Cal)	558kJ (133Cal)
Protein (g)	56.7g	8g
Fat, total (g)	34g	4.8g
- saturated (g)	18.2g	2.6g
Carbohydrate (g)	96.9g	13.7g
- sugars (g)	26g	3.7g
Sodium (mg)	2075mg	293mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the spaghetti

- Boil the kettle. Fill a medium saucepan with boiling water and a good pinch of salt.
- Cook spaghetti in the boiling water until 'al dente', 10 minutes.
- Reserve 1/4 cup pasta water, then drain and return to pan. Drizzle with a little olive oil to prevent sticking.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Make it saucy

- Reduce heat to medium-high, add diced tomatoes with garlic & onion, reserved pasta water and butter to pan. Cook, stirring, 1-2 minutes.
- Remove from heat, and add cooked spaghetti.
- Toss to combine and season to taste.



Cook the beef & veggies

- While the spaghetti is cooking, finely chop garlic. Roughly chop brown onion. Grate carrot and zucchini.
- In a large frying pan, heat a drizzle of olive oil over high heat. Cook beef
 mince and onion, breaking up beef mince with a spoon, until starting to
 brown,
- 2-3 minutes.
- Add carrot and zucchini and cook until softened, 2-3 minutes
- Add garlic and garlic & herb seasoning and cook until fragrant, 1 minute.



Serve up

- Divide classic spaghetti bolognese between bowls.
- Sprinkle over shredded Cheddar cheese. Enjoy!

