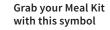


# Beef Bolognese & Spaghetti with Hidden Veggies & Cheddar Cheese









Spaghetti





Carrot

**Brown Onion** 

Zucchini

**Beef Mince** 





Garlic & Herb Seasoning

**Diced Tomatoes** with Garlic & Onion

Shredded Cheddar Cheese



Prep in: 15 mins Ready in: 20 mins

#### Before you start Wash your hands and any fresh food.

#### 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

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3748kJ (896Cal)	537kJ (128Cal)
Protein (g)	54.6g	7.8g
Fat, total (g)	30.3g	4.3g
- saturated (g)	14.8g	2.1g
Carbohydrate (g)	96.7g	13.9g
- sugars (g)	25.8g	3.7g
Sodium (mg)	2001mg	287mg

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 of **pasta water**, then drain and return **spaghetti** 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 the butter to pan. Cook, stirring, until slightly reduced, 1-2 minutes.
- · Remove from heat, then 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 brown onion, breaking up 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.

**TIP:** For best results, drain the oil from the pan before adding the garlic.



## Serve up

- Divide beef bolognese and spaghetti between bowls.
- Sprinkle with shredded Cheddar cheese to serve. Enjoy!

