



Beef Bolognese & Spaghetti

with Hidden Veggies & Cheddar Cheese

Grab your Meal Kit with this symbol



Spaghetti



Garlic



Brown Onion



Carrot



Zucchini



Beef Mince



Garlic & Herb Seasoning



Diced Tomatoes with Garlic & Onion



Shredded Cheddar Cheese

Prep in: **15 mins**
Ready in: **20 mins**

You can't go wrong with spag bol – it's a classic guaranteed to get everyone excited for dinner. Packed with hidden veggies and on the table in 20 minutes, prepare to tuck in. Don't forget the sprinkle of Cheddar on top!

Pantry items

Olive Oil, Butter

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

*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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



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.

3



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.

2



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.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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