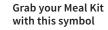
Beef Bolognese & Spaghetti with Hidden Veggies & Cheddar Cheese









Spaghetti

Brown Onion

Zucchini

Carrot





Tomato Sugo

Beef Mince

Garlic Paste



Garlic & Herb Seasoning

Pantry items

Olive Oil, Butter



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
brown onion	1
carrot	1
zucchini	1
beef mince	1 small packet
garlic paste	1 medium packet
garlic & herb seasoning	2 medium sachets
tomato sugo	1 packet
butter*	20g
Cheddar cheese	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3646kJ (871Cal)	550kJ (131Cal)
Protein (g)	54.9g	8.3g
Fat, total (g)	29.6g	4.5g
- saturated (g)	14.6g	2.2g
Carbohydrate (g)	93.5g	14.1g
- sugars (g)	22.7g	3.4g
Sodium (mg)	1806mg	272mg

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, then add tomato sugo, 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, 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. Drain oil from pan.
- Add carrot and zucchini and cook, stirring, until softened, 2-3 minutes.
- Add garlic paste and garlic & herb seasoning and cook until fragrant,
 1 minute.



Serve up

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

