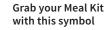


Beef Bolognese & Spaghetti with Hidden Veggies & Cheddar Cheese









Spaghetti

Brown Onion

Carrot

Zucchini





Beef Mince

Garlic & Herb Seasoning





Diced Tomatoes with Onion & Garlic

Cheddar Cheese



Prep in: 15 mins Ready in: 20 mins **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
brown onion	1
carrot	1
zucchini	1
beef mince	1 medium packet
garlic & herb seasoning	2 medium sachets
diced tomatoes with onion & garlic	½ medium packet
butter*	20g
Cheddar cheese	1 medium packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3637kJ (869Cal)	577kJ (138Cal)
Protein (g)	54.7g	8.7g
Fat, total (g)	30.4g	4.8g
- saturated (g)	14.8g	2.3g
Carbohydrate (g)	91.7g	14.5g
- sugars (g)	21.1g	3.3g
Sodium (mg)	1846mg	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 ¼ 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.



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 & herb seasoning and cook until fragrant, 1 minute.



Make it saucy

- Reduce heat to medium-high, then add diced tomatoes with onion & garlic (see ingredients), 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.



Serve up

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

