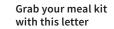


# Beef Bolognese & Fettuccine with Hidden Veggies & Cheddar Cheese













**Brown Onion** 

Fettuccine



Carrot



Zucchini





Beef Mince

Garlic & Herb Seasoning



Tomato Sugo

Cheddar Cheese

**Pantry items** Olive Oil, Butter

Before you start Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

#### You will need

Medium saucepan · Large frying pan

#### Ingredients

	2 People
olive oil*	refer to method
fettuccine	1 medium packet
brown onion	1
carrot	1
zucchini	1
beef mince	1 medium packet
garlic & herb seasoning	2 medium sachets
tomato sugo	1 packet
butter*	20g
Cheddar cheese	1 medium packet

<sup>\*</sup>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 fettuccine

- Boil the kettle. Fill a medium saucepan with boiling water and a good pinch
- Cook fettuccine in the boiling water until 'al dente', 9 minutes.
- Reserve ¼ cup of **pasta water**, then drain and return **fettuccine** 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 fettuccine 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.
- 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 tomato sugo, reserved pasta water and the **butter** to pan. Cook, stirring, until slightly reduced, **1-2 minutes**.
- Remove from heat, then add cooked fettuccine.
- · Toss to combine and season to taste.



# Serve up

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

