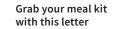


Beef Bolognese & Spaghetti with Hidden Veggies & Cheddar Cheese













Spaghetti



Brown Onion

Carrot



Zucchini





Beef Mince



Tomato Sugo



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!

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 |
| spaghetti | 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 |
| | |

^{*}Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3171kJ (758cal) | 648kJ (133cal) |
| Protein (g) | 47.6g | 9.7g |
| Fat, total (g) | 22g | 4.5g |
| - saturated (g) | 10.4g | 2.1g |
| Carbohydrate (g) | 89.7g | 18.3g |
| - sugars (g) | 19.4g | 4g |
| Sodium (mg) | 1646mg | 336.6mg |

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
- 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.
- 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 spaghetti.
- · Toss to combine and season to taste.



Serve up

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

