



# Lily's Beef & Pork Bolognese Mac and Cheese

with Balsamic Glazed Rocket

10

**Chef's Pick** 35-40 Minutes • 1 of your 5 a day



Garlic Clove



Macaroni



Beef and Pork Mince



Mixed Herbs



Red Wine Stock Paste



Tomato Passata



Mature Cheddar Cheese



Creme Fraiche



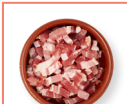
Grated Hard Italian Style Cheese



Wild Rocket



Balsamic Glaze



Bacon Lardons

#### Pantry Items

Oil, Salt, Pepper, Sugar

#### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!



Lily's Beef & Pork Bolognese Mac and Cheese has been specially selected as part of our Chef's Pick recipe range. Rich, cheesy and indulgent, combining beef bolognese with mac and cheese - in Lily's words - is "the ultimate pasta pairing in one". A super tasty addition to your midweek menu to tuck in to.

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Saucepan, garlic press, colander, frying pan, grater, bowl and ovenproof dish.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Macaroni <b>13)</b>	180g	270g	360g
Beef and Pork Mince**	240g	360g	480g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Red Wine Stock Paste <b>14)</b>	28g	42g	56g
Tomato Passata	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** <b>7)</b>	40g	60g	80g
Crème Fraîche** <b>7)</b>	75g	150g	150g
Grated Hard Italian Style Cheese** <b>7)</b>	20g	40g	40g
Wild Rocket**	20g	40g	40g
Balsamic Glaze <b>14)</b>	12ml	18ml	24ml
Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	120ml	150ml
Water*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	466g	100g	511g	100g
Energy (kJ/kcal)	3965 / 948	850 / 203	4453 / 1064	871 / 208
Fat (g)	46.2	9.9	55.3	10.8
Sat. Fat (g)	20.4	4.4	23.3	4.5
Carbohydrate (g)	86.1	18.5	87.0	17.0
Sugars (g)	17.4	3.7	17.4	3.4
Protein (g)	46.1	9.9	53.8	10.5
Salt (g)	3.14	0.67	4.37	0.85


Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **8)** Egg **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

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## Cook the Macaroni

Bring a large saucepan of **water** to the boil with ½ **tsp salt**. Meanwhile, peel and grate the **garlic** (or use a garlic press).

When boiling, stir the **macaroni** into the **water** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Time to Fry

While the **macaroni** cooks, heat a large frying pan on medium-high heat (no oil).

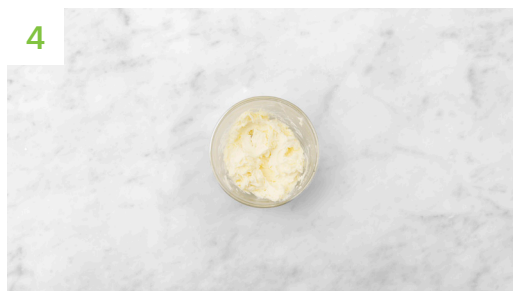
Once hot, add the **beef and pork mince**. Fry until the **mince** has browned, 5-6 mins. Use a spoon to break it up as it cooks.

When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.

**IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

## CUSTOM RECIPE

If you're adding **bacon**, add it to the pan with the **mince**. Fry for the same amount of time, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.



## Say Cheese

Meanwhile, preheat your grill to high. Grate the **Cheddar cheese**.

In a small bowl, combine the **crème fraîche**, **hard Italian style cheese** and **water** (see pantry for amount). Season with **salt** and **pepper**. Stir to combine your **cheesy sauce**.



## Assemble and Grill

Once the **mince** has thickened, taste and season with **salt** and **pepper** if needed. Add a splash more **water** if it's a little too thick.

Stir in the **cooked macaroni**, then transfer to an appropriately sized ovenproof dish.

Spoon the **cheesy sauce** evenly over the **macaroni mixture**, then sprinkle over the **cheese**. Pop under the grill until golden and bubbling, 4-5 mins.

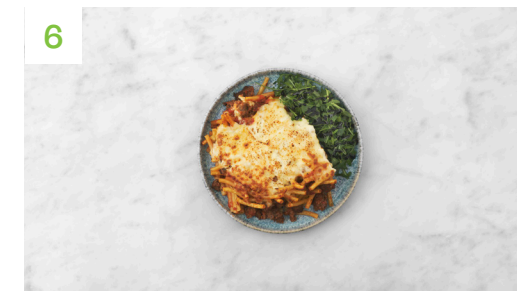


## Add the Flavour

Add the **garlic** and **mixed herbs** to the **mince** and fry, 1 min.

Next, stir in the **red wine stock paste**, **passata**, **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then lower the heat and simmer until thickened, 5-6 mins.



## Serve

Once the **Bolognese mac and cheese** is ready, share it between your plates.

Serve the **rocket** alongside and drizzle over the **balsamic glaze** to finish.

## Enjoy!