



Beef Bolognese Jacky-P with Cheddar and Garlic Broccoli

Family 35-45 Minutes • 2 of your 5 a day

8



Potatoes



Garlic Clove



Broccoli



Mature Cheddar
Cheese



Beef Mince



Dried Rosemary



Tomato Passata



Red Wine
Stock Paste



Worcester Sauce

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

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

Cooking tools

Baking tray, fine grater, garlic press, frying pan, lid and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	3	4	5
Broccoli**	1	1½	2
Mature Cheddar Cheese** 7)	60g	90g	120g
Beef Mince**	240g	360g	480g
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets
Worcester Sauce 13)	1 sachet	1½ sachets	2 sachets
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	½ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	673g 2905 /694	100g 432 /103
Fat (g)	30.0	4.5
Sat. Fat (g)	15.0	2.2
Carbohydrate (g)	61.0	9.1
Sugars (g)	14.8	2.2
Protein (g)	44.5	6.6
Salt (g)	3.13	0.47

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

Allergens

7) Milk 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, 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.

Contact

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Roast the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9. Halve the **potatoes** lengthways (no need to peel) and pop them onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Rub the **oil** into the **potatoes**, then lay them cut-side down on the baking tray.

Once the oven is hot, roast on the top shelf until tender and a knife slips in easily, 30-40 mins.



Bolognese Time

Add the **dried rosemary** and **two thirds** of the **garlic** to the pan. Cook, stirring, for 1 min.

Stir in the **passata**, **red wine stock paste**, **Worcester sauce**, **sugar** and **water for the sauce** (see ingredients for both amounts).

Bring to the boil, then simmer until the **Bolognese** has thickened, 5-6 mins. Taste and season with **salt** and **pepper** if needed.



Get Prepped

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Cut the **broccoli** into florets (like small trees). Halve any large florets.

Grate the **cheese**.



Cook the Broccoli

Meanwhile, heat a drizzle of **oil** in another medium frying pan on medium-high heat. When hot, add the **broccoli** and stir-fry for 2-3 mins.

Stir in the remaining **garlic**, then turn the heat down to medium. Cook for 1 min, then add a splash of **water**.

Pop a lid on the pan, or cover in foil, and cook until tender, a further 2-3 mins. Season with **salt** and **pepper**.



Fry the Beef

Heat a large frying pan on medium-high heat (no oil).

Once the pan is hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



Serve

When everything is ready, share the **potatoes** between your plates.

Spoon the **Bolognese** over the top, then finish with a sprinkle of **Cheddar**.

Serve the **garlic broccoli** alongside.

Enjoy!