



# Creamy Lamb Pasta Bake

with a Cheesy Crumb



## HELLO RIGATONI

*This pasta's name means 'ridged' because of the lines that run down its sides which help the sauce to cling.*



Lamb Mince



Finely Chopped Tomatoes with Garlic & Onion



Chicken Stock Powder



Rigatoni



Balsamic Vinegar



Honey



Italian Style Grated Hard Cheese



Panko Breadcrumbs



Baby Spinach



Crème Fraîche



Baby Leaf Mix



Walnuts

MEAL BAG

Hands on: **15** mins  
Total: **35** mins

**1.5** of your  
**5** a day

Family Box

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Frying Pan, Measuring Jug, Colander** and **Ovenproof Dish**. Now, let's get cooking!



## 1 BROWN THE LAMB

Put a large saucepan of water with a pinch of salt on to boil for the pasta. Heat a frying pan on high heat. Add the **lamb mince** (no oil) and cook until browned, breaking it up with a wooden spoon, 5 mins. Drain off any fat, then pour in the **chopped tomatoes**. Stir in the **stock powder** and **water** (see ingredients for amount). Bring to the boil, then simmer until thickened and reduced by half, 15 mins.



## 2 COOK THE PASTA

Meanwhile, pop the **rigatoni** in the pan of boiling water. Cook for 12 mins then drain in a colander and return to the pan off the heat. Drizzle with some **oil** to stop it sticking together.



## 3 MAKE THE DRESSING

While the pasta and lamb cook, mix the **balsamic vinegar, honey** and **olive oil** (see ingredients for amount) together in a small bowl. Season with **salt** and **pepper**. Pop **half the cheese** in another bowl and add in the **panko breadcrumbs**. Season with **salt** and **pepper** and mix well, then set aside.



## 4 ADD THE SPINACH

Preheat your grill to medium-high. When the **lamb mixture** has thickened, add the **spinach** and stir through until wilted, about 2 mins. Season to taste with **salt** and **pepper** if needed.



## 5 GRILL TIME!

Mix the **crème fraîche** and remaining **cheese** into the **pasta**. Spoon the **lamb mixture** into an ovenproof dish and top with the **creamy pasta**. Sprinkle the **cheesy crumbs** on top and grill for 2-3 mins. You want the **breadcrumbs** to go golden brown but not burn, so watch them closely!



## 6 FINISH AND SERVE

If everyone wants their **salad** dressed, toss the **baby leaves** and the **dressing** together in a large bowl and scatter over the **walnuts**. If not, just serve some plain and some with **dressing**. Spoon the **lamb pasta bake** into bowls with the **salad** on the side. **Enjoy!**

# 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Lamb Mince *	250g	375g	500g
Finely Chopped Tomatoes with Garlic & Onion	½ carton	¾ carton	1 carton
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Water*	60ml	90ml	120ml
Rigatoni 13)	200g	300g	400g
Balsamic Vinegar 14)	½ sachet	¾ sachet	1 sachet
Honey	½ sachet	¾ sachet	1 sachet
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Italian Style Grated Hard Cheese 7) 8) *	½ pack	¾ pack	1 pack
Panko Breadcrumbs 13)	15g	20g	30g
Baby Spinach *	½ small bag	¾ small bag	1 small bag
Crème Fraîche 7) *	¾ pot	1 pot	1½ pots
Baby Leaf Mix *	1 bag	2 bags	2 bags
Walnuts 2)	1 bag	1½ bags	2 bags

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 469G	PER 100G
Energy (kJ/kcal)	4040 /966	862 /206
Fat (g)	47	10
Sat. Fat (g)	17	4
Carbohydrate (g)	90	19
Sugars (g)	15	3
Protein (g)	47	10
Salt (g)	1.92	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

2) Nut 7) Milk 8) Egg 13) Gluten 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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