



Creamy Lamb Bolognese

with Baby Spinach and Rigatoni

CLASSIC 35 Minutes



Garlic Clove



Lamb Mince



Finely Chopped Tomatoes



Creme Fraiche



Chicken Stock Powder



Wheat Rigatoni



Baby Spinach

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Large Saucepan, Fine Grater (or Garlic Press), Measuring Jug and Colander.

Ingredients

	2P	3P	4P
Garlic Clove**	2	3	4
Lamb Mince**	200g	300g	400g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water for the Sauce*	50ml	75ml	100ml
Creme Fraiche 7)**	100g	150g	200g
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Wheat Rigatoni 13)	200g	300g	400g
Baby Spinach**	1 small bag	¾ large bag	1 large bag

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	542g	100g
Energy (kJ/kcal)	3211 / 768	593 / 142
Fat (g)	30	6
Sat. Fat (g)	13	3
Carbohydrate (g)	91	17
Sugars (g)	13	2
Protein (g)	39	7
Salt (g)	1.78	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Wheat Rigatoni Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Brown the Mince

Put a large saucepan of water with ½ tsp of **salt** on to boil for the **wheat pasta**. Peel and grate the **garlic** (or use a garlic press). Heat a frying pan on high heat. When hot, add the **lamb** (no oil) and cook until browned, breaking it up with a spoon as it cooks, 4-5 mins. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



4. Add the Spinach

When the **lamb mixture** has thickened, stir through the **baby spinach** a handful at a time until wilted, about 2 mins. Season to taste with **salt** and a good grind of **pepper**.



2. Make the Sauce

Once nicely browned, drain off any excess fat, then stir in the **garlic**. Cook for 1 minute. Add the **chopped tomatoes**, **water** for the sauce (see ingredients for amount), **creme fraiche** and **stock powder**. Stir well and bring to the boil, lower the heat, then simmer until thickened and reduced by half, 12-15 mins. Stir occasionally.



5. Finish Up

Once the **sauce** has reduced and your **wheat pasta** is cooked, toss the **wheat rigatoni** through the **sauce** and reheat until piping hot. Add a splash of reserved **wheat pasta water** if you feel it needs it. **TIP:** If it's easier, transfer everything to the pasta saucepan to combine.



3. Cook the Pasta

Meanwhile, add the **wheat rigatoni** to the pan of boiling **water**. Cook until tender, 12 mins then drain in a colander and return to the pan off the heat. Drizzle with some **oil** to stop it sticking together. **TIP:** When draining the wheat pasta, save some of the pasta water in case you want to loosen the sauce later on.



6. Finish and Serve

Divide the **wheat pasta** between your bowls and dig in!

Enjoy!