

# **Speedy Lamb Bolognese**

with Fennel, Spinach and Spaghetti







Lamb Mince





Spaghetti





Finely Chopped Tomatoes with Onion and Garlic



Red Wine Stock Pot



Baby Spinach



Grated Italian Style Hard Cheese

# Before you start

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

#### Basic cooking tools, you will need:

Saucepan, Frying Pan, Colander and Measuring Jug.

#### Ingredients

	2P	3P	4P
Lamb Mince**	200g	300g	400g
Fennel**	1	2	2
Spaghetti 13)	200g	300g	400g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Pot <b>14</b> )	½ pot	1 pot	1 pot
Water for the Sauce*	100	150	200
Baby Spinach**	1 small bag	1 large bag	2 small bags
Grated Italian Style Hard Cheese 7) 8)**	1 pack	1½ packs	2 packs

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

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	552g	100g
Energy (kJ/kcal)	3146 /752	570/136
Fat (g)	22	4
Sat. Fat (g)	9	2
Carbohydrate (g)	91	17
Sugars (g)	18	3
Protein (g)	43	8
Salt (g)	3.29	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

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

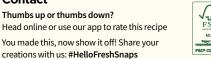
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

#### Contact

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## 1. Fry the Lamb

- a) Bring a large saucepan of water to the boil with ½ tsp salt for the pasta.
- **b)** Meanwhile, put a large frying pan on high heat (no oil) and add the lamb.
- c) Fry until browned, breaking it up with a wooden spoon as it cooks, 3-4 mins. IMPORTANT: The mince is cooked when no longer pink in the middle.



# 2. Prep the Fennel

- a) Meanwhile cut the fennel in half lengthways, remove the triangle root in the middle, then slice thinly widthways.
- **b)** Add the **fennel** to the **lamb** and cook, stirring occasionally, for another 3-4 mins.



# 3. Cook the Spaghetti

- a) Meanwhile, add the spaghetti (see ingredients for amount you need) to the pan of boiling water and cook until tender, 8 mins.
- **b)** Once cooked, drain in a colander, pop back in the pan, drizzle with oil and stir through to stop it sticking together.



# 4. Cook the Bolognese

- a) While the pasta cooks, stir the finely chopped tomatoes, red wine stock pot and water (see ingredients for amount) into the lamb and fennel mixture.
- **b)** Add a pinch of **sugar** and stir to ensure the **stock pot** has dissolved, then bring to the boil, reduce the heat and simmer until thick and tomatoey, 6-7 mins.



# 5. Finish Up

- a) When the sauce is nice and thick, stir in the **spinach** a handful at a time until wilted and piping hot, 2-3 mins.
- **b)** Stir through the drained **spaghetti** and **half** the hard Italian style cheese. TIP: Add a splash of water if it looks a little dry.
- c) Season to taste with salt and pepper if needed.



#### 6. Serve

a) Serve the lamb and fennel spag bol in bowls finished with a sprinkling of the remaining cheese.

### **Eniov!**

#### There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.