



# Speedy Lamb and Pepper Spag Bol with Spinach

**Rapid** 20 Minutes • 2 of your 5 a day

14



Lamb Mince



Bell Pepper



Spaghetti



Finely Chopped  
Tomatoes with  
Onion and Garlic



Red Wine Stock Pot



Baby Spinach



Grated Hard Italian  
Style Cheese

## Before you start

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

## Cooking tools, you will need:

Saucepan, Frying Pan, Colander and Measuring Jug.

## Ingredients

	2P	3P	4P
Lamb Mince**	200g	300g	400g
Bell Pepper***	1	2	2
Spaghetti <b>13</b>	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*	100ml	150ml	200ml
Baby Spinach**	1 small bag	1 large bag	2 small bags
Grated Italian Style Hard Cheese <b>7) 8)**</b>	1 pack	1½ packs	2 packs

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

\*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>557g</b>	<b>100g</b>
Energy (kJ/kcal)	3194 /764	573 /137
Fat (g)	21	4
Sat. Fat (g)	10	2
Carbohydrate (g)	96	17
Sugars (g)	20	4
Protein (g)	45	8
Salt (g)	3.22	0.58

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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HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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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 it is no longer pink in the middle.



## 2 Prep the Pepper

**a)** Meanwhile, halve the **pepper**, remove the core and thinly slice.

**b)** Add the **pepper** 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 pepper 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 grated 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 pepper spag bol** in bowls finished with a sprinkling of the remaining **cheese**.

## Enjoy!

**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.