



# Speedy Lamb and Pepper Spag Bol with Spinach and Cheese

**Rapid** 20 Minutes • 3 of your 5 a day

15



Lamb Mince



Bell Pepper



Garlic Clove



Dried Oregano



Spaghetti



Tomato Passata



Red Wine Stock Paste



Baby Spinach



Grated Hard Italian  
Style Cheese

**Pantry Items**  
Water

## Before you start

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

## Cooking tools

Saucepan, frying pan, garlic press and colander.

## Ingredients

	2P	3P	4P
Lamb Mince**	200g	300g	400g
Bell Pepper***	1	2	2
Garlic Clove**	1	2	2
Dried Oregano	1 sachet	1 sachet	2 sachets
Spaghetti <b>13</b>	180g	270g	360g
Tomato Passata	1 carton	2 cartons	2 cartons
Red Wine Stock Paste <b>14</b>	½ sachet	1 sachet	1 sachet
Water for the Sauce*	100ml	150ml	200ml
Baby Spinach**	100g	200g	200g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	40g	60g	80g

\*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

for uncooked ingredient	Per serving	Per 100g
	<b>505g</b>	<b>100g</b>
Energy (kJ/kcal)	2902 /694	575 /137
Fat (g)	21	4
Sat. Fat (g)	10	2
Carbohydrate (g)	82	16
Sugars (g)	13	2
Protein (g)	43	9
Salt (g)	1.97	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 13) 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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### Fry the Lamb

**a)** Bring a large saucepan of **water** to the boil with  $\frac{1}{2}$   **tsp salt** for the **pasta**.

**b)** Meanwhile, put a large frying pan on high heat (no oil).

**c)** Once hot, add the **lamb mince** to the pan and cook until browned, 3-4 mins. Use spoon to break it up as it cook, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



### Prep the Veg

**a)** While the **lamb** cooks, halve the **pepper** and discard the core and seeds. Slice into thin strips.

**b)** Peel and grate the **garlic** (or use a garlic press).

**c)** Add the **pepper** to the **lamb** and cook, stirring occasionally, until softened, 3-4 mins.

**d)** Stir in the **garlic** and **dried oregano**, then cook for 1 min more.



### Cook the Spaghetti

**a)** Meanwhile, add the **spaghetti** to your pan of **boiling water** and bring back to the boil. Cook until tender, 8 mins.

**b)** Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



### Add the Flavour

**a)** While the **pasta** cooks, stir the **tomato passata**, **red wine stock paste** and **water for the sauce** (see ingredients for amount) into the **lamb** pan.

**b)** Add a pinch of **sugar** (if you have any) and stir to combine.

**c)** Bring to the boil, then reduce the heat and simmer until thickened, 6-7 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



### Finish Up

**a)** When the **sauce** has thickened, stir the **spinach** in a handful at a time until wilted and piping hot, 2-3 mins.

**b)** Add the **cooked spaghetti** and **half** the **grated hard Italian style cheese**, then toss to combine.

**TIP:** Add a splash of water if it looks a little dry.

**c)** Taste and season with **salt** and **pepper** if needed.



### Serve

**a)** When ready, serve the **lamb and pepper spaghetti** in bowls finished with a sprinkling of the remaining **cheese**.

### Enjoy!