



# Speedy Lamb and Pepper Spag Bol with Spinach and Cheese

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

15



Lamb Mince



Bell Pepper



Garlic Clove



Dried Oregano



Spaghetti



Finely Chopped Tomatoes  
with Onion and Garlic



Red Wine Stock Paste



Baby Spinach



Grated Hard Italian  
Style Cheese



## 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

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 13)	180g	270g	360g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	½ sachet	1 sachet	1 sachet
Baby Spinach**	100g	150g	200g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be red, orange, or yellow to guarantee you get the best quality pepper

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	550g	100g
Energy (kJ/kcal)	3039 / 726	553 / 132
Fat (g)	21.4	3.9
Sat. Fat (g)	10.2	1.9
Carbohydrate (g)	88.9	16.2
Sugars (g)	17.7	3.2
Protein (g)	43.3	7.9
Salt (g)	3.43	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 13) Cereals containing 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellowfresh.co.uk](https://hellowfresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

♻️ You can recycle me!



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).

c) Once hot, add the **lamb mince** to the pan and cook until browned, 3-4 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**.

**IMPORTANT:** Wash your hands and equipment after handling raw mince.

2



### Pepper Time

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.

3



### 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.

4



### Add the Flavour

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

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.

5



### Finish Up

a) When the **sauce** has thickened, stir the **spinach** into the pan 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. Add a splash of **water** if it's a little dry.

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

6



### Serve

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

### Enjoy!