



# Speedy Lamb and Pepper Spag Bol with Spinach and Cheese

**Rapid** 20 Minutes • 4 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

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg 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 <b>13)</b>	180g	270g	360g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14)</b>	½ sachet	1 sachet	1 sachet
Baby Spinach**	100g	150g	200g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	25g	30g	40g

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 yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	593g	100g
Energy (kJ/kcal)	2998 / 717	506 / 121
Fat (g)	19.8	3.3
Sat. Fat (g)	8.9	1.5
Carbohydrate (g)	89.3	15.1
Sugars (g)	19.1	3.2
Protein (g)	43.6	7.4
Salt (g)	3.35	0.57

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## 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

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### 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** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

**d)** Season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*



### Add the Flavour

**a)** While the **pasta** cooks, stir the **chopped tomatoes, red wine stock paste** and **water for the sauce** (see pantry 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.*



### 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.



### 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.



### 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.



### Serve

**a)** When ready, serve the **lamb and pepper spaghetti** in bowls.

**b)** Finish with a sprinkling of the remaining **cheese** over the top.

### Enjoy!