

Speedy Lamb and Pepper Spag Bol

with Spinach and Cheese



Rapid 20 Minutes • 4 of your 5 a day







Lamb Mince





Bell Pepper





Dried Oregano

Garlic Clove





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 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 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)	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.

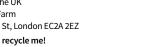
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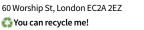
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Fry the Lamb

- a) Bring a large saucepan of water to the boil with 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 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.



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.



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 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.



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 spagnetti 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.



Serve

- a) When ready, serve the lamb and pepper spag bol in bowls.
- b) Finish with a sprinkling of the remaining cheese over the top.

Enjoy!