



Speedy Spag Bol with a Parsley Crumb

Family 25-30 Minutes • 1 of your 5 a day

8



Panko Breadcrumbs



Beef Mince



Finely Chopped
Tomatoes with
Onion and Garlic



Red Wine Jus Paste



Spaghetti



Flat Leaf Parsley



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, Wooden Spoon, Measuring Jug, Colander, Bowl.

Ingredients

	2P	3P	4P
Panko			
Breadcrumbs 13)	10g	25g	25g
Beef Mince**	240g	360g	480g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Jus Paste 10) 14)	15g	22g	30g
Water for the Sauce*	100ml	150ml	200ml
Spaghetti 13)	180g	270g	360g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Grated Hard Italian Style Cheese 7) 8)**	40g	65g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	443g	100g
Energy (kJ/kcal)	3257/778	736/176
Fat (g)	26	6
Sat. Fat (g)	12	3
Carbohydrate (g)	85	19
Sugars (g)	13	3
Protein (g)	49	11
Salt (g)	3.23	0.73

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 10) Celery 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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



1



Oh Crumbs

Bring a large saucepan of **water** to the boil with ½ tsp **salt** for the **spaghetti**. Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once the **oil** is hot, add the **breadcrumbs**. Season with **salt** and **pepper** and fry, stirring regularly, until lightly toasted, 3-4 mins. **TIP:** Watch them like a hawk as they can burn easily. Once cooked, remove the **toasted crumbs** to a bowl and set aside.

2



Fry the Mince

Pop the (now empty) frying pan back on medium-high heat and pour in a drizzle of **oil**. When the **oil** is hot, add the **beef mince** and cook until browned, 4-5 mins. Use a wooden spoon to break it up as it cooks. Drain and discard any excess fat from the **mince**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.

3



Simmer the Bolognese

Add the **chopped tomatoes**, **red wine jus paste** and **water** (see ingredients for amount) to the **mince**. Stir well to combine, then reduce the heat to low and simmer gently until the **sauce** has thickened, 10-12 mins.

4



Cook the Spaghetti

Meanwhile, when the **water** is boiling, add the **spaghetti** and cook until tender, 8 mins. Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.

5



Finish

While everything cooks, roughly chop the **parsley** (stalks and all). Add the **parsley** to the bowl with the **crumbs** and mix well to combine. When ready, take the **Bolognese** off the heat and mix in **half** of the **grated hard Italian style cheese** and the **spaghetti**. Taste and season with **salt** and **pepper** if needed.

6



Serve

Divide the **saucy spaghetti** between your bowls and sprinkle over the remaining **grated hard Italian style cheese**. Finally, sprinkle over your **parsley crumb** (the crumb can be left off for the kids if they don't fancy it). Hey presto! You're ready to eat.

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.