



Ultimate Beef and Bacon Spaghetti Bolognese

with Parmesan, Cheesy Garlic Bread and Balsamic Tomato Salad

35

Ultimate 35-45 Minutes • 1 of your 5 a day



Garlic Clove



Bacon Lardons



Beef Mince



Tomato Passata



Italian Style Herbs



Red Wine Jus Paste



Baby Plum Tomatoes



Balsamic Vinegar



Ciabatta



Parmigiano Reggiano



Spaghetti



Pea Shoots

Pantry Items
Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

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

Cooking tools

Garlic press, frying pan, saucepan, bowl, baking tray and colander.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
Bacon Lardons**	60g	90g	120g
Beef Mince**	240g	360g	480g
Tomato Passata	1 carton	1 carton	1 carton
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Red Wine Jus Paste 10) 14)	22g	30g	44g
Baby Plum Tomatoes	125g	190g	250g
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Ciabatta 13)	1	2	2
Parmigiano Reggiano** 7)	40g	60g	80g
Spaghetti 13)	180g	270g	360g
Pea Shoots**	40g	40g	80g

Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	200ml	300ml	400ml
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Garlic Bread*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	526g 4412/1055	100g 838/200
Fat (g)	45.4	8.6
Sat. Fat (g)	16.2	3.1
Carbohydrate (g)	102.7	19.5
Sugars (g)	13.3	2.5
Protein (g)	57.7	11.0
Salt (g)	3.25	0.62

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

Allergens

7) Milk 10) Celery 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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Get Frying

Preheat your oven to 220°C/200°C fan/gas mark 7.
Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **bacon lardons**. Stir-fry until golden, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.



Make your Garlic Bread

Halve the **ciabatta** and place on a baking tray, cut-side up.

In a small bowl, mix together the **olive oil for the garlic bread** (see ingredients for amount), remaining **garlic** and **half the parmesan**. Spread the **cheesy mixture** on top of the **ciabatta**, then set aside.

Add the **spaghetti** to the pan of boiling **water** and bring back to the boil. Cook until tender, 8 mins.

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



Cook the Mince

Once the **bacon** is golden, add the **beef mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.

Stir in **half the garlic** and cook for 1 min, then add the **sugar** and **water for the sauce** (see ingredients for both amounts), **passata**, **Italian style herbs** and **red wine jus paste**.



Combine and Stir

While the **pasta** cooks, bake the **ciabatta** on the top shelf of your oven until the **cheese** is golden, 5-6 mins.

Once the **Bolognese** has thickened, taste and season with **salt** and **pepper** if needed.

When ready, add the **cooked spaghetti** to the **Bolognese** and toss to coat. Add a splash of **water** if it's a little thick.



Simmer the Bolognese

Stir together well, then bring the **Bolognese** to the boil and simmer until thickened, 15-20 mins. Add a splash of **water** if it gets too thick.

Meanwhile, bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**.

Halve the **baby plum tomatoes**. Put the **balsamic vinegar** and **olive oil for the dressing** (see ingredients for amount) into a medium bowl, then season with **salt** and **pepper**. Add the **tomatoes** to the **dressing**, stir to combine, then set aside.



Finish and Serve

When everything is ready, add the **pea shoots** to the bowl of **tomatoes** and toss together in the **dressing**.

Cut the **cheesy garlic bread** into triangles.

Serve up your **ultimate beef and bacon spaghetti bolognese** in bowls with the **salad** and **garlic bread** as sides.

Sprinkle the remaining **parmesan** over the **pasta** to finish.

Enjoy!