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## Beef and Vegetable

Spaghetti Bolognese



20-30min



4 Portions

This family favourite is just the ticket for a quick and easy midweek meal. We've snuck plenty of veggies into the bolognese sauce to make it a little more virtuous, and served it with a winning sprinkle of smoked cheddar - delicious!

## What we send

- smoked cheddar 7
- red capsicum
- Italian herb mix
- spaghetti 1
- chopped tomatoes
- 1 garlic clove and basil
- tomato paste
- zucchini
- carrot
- red onion
- grass-fed beef mince

## What you'll require

- olive oil
- salt

## Utensils

- Colander
- grater
- large deep frying pan or saucepan
- large saucepan
- Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

If you have fussy kids and would prefer to hide the vegetables, finely grate the carrots and zucchini, so they are hardly visible.

## Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 785.0kcal, Fat 17.2g, Proteins 48.2g, Carbs 105.1g



### 1. Cook beef

Bring a large saucepan of salted water to the boil for the pasta. Heat 1 tbs **oil** in a large deep frypan over medium-high heat. Cook the **mince**, stirring with a spatula to break up the lumps, for 4-5 mins until browned. Transfer to a bowl.



### 2. Prepare ingredients

Meanwhile, finely chop the **onion**. Crush or finely chop the **garlic**. Coarsely grate (see cooking tip) the **carrots** and **zucchini**. Finely chop the **capsicum**, discarding the seeds and membrane.



### 3. Add vegetables

Heat 1 tbs **oil** in the same frypan over medium-high heat. Cook the **onion, garlic** and **capsicum** for 2-3 mins. Add the **carrot** and **zucchini** and cook for 5 mins. Make a well in the centre of pan and cook the **tomato paste** for 2-3 mins. Return the **beef** to the pan with the **chopped tomatoes, Italian herb mix** and 60ml (¼ cup) water. Season with **sea salt** to taste.



### 4. Simmer sauce

Bring **bolognese sauce** to the boil, then cover, reduce heat and simmer for 20 mins.



### 5. Cook spaghetti

Meanwhile, cook the **spaghetti** in the pan of boiling water for 10 mins or until al dente. Reserve 2 tbs of the cooking liquid, then drain.



### 6. Get ready to serve

Coarsely grate the **cheese** and pick the **basil** leaves. Stir the **reserved cooking liquid** into the **sauce** then spoon over the **spaghetti**. Serve sprinkled with cheese and with basil for adults.