

MARLEY SPOON



Lamb and Thyme Pasta

with Zucchini



20-30min



4 Portions

Our delicious and impressively quick minced lamb ragù laced with chilli and thyme is a refreshing change to your midweek spag bol. We've added zucchini as well as carrot to the mix for a more nutritionally balanced meal.

What we send

- brown onion
- vegetable stock cubes
- small pasta shells ¹
- carrot, zucchini
- grass-fed lamb mince
- thyme, garlic clove
- tomato paste
- dried chilli flakes
- parmesan ⁷

What you'll require

- olive oil
- salt and pepper
- sugar
- water

Utensils

- large saucepan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

If you prefer less spicy food, leave out the chilli flakes and serve them for scattering over at the end for those who like a bit of spice.

Allergens

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

Nutrition per serving

Energy 650kcal, Fat 17.7g, Carbs 68.1g, Proteins 50.3g



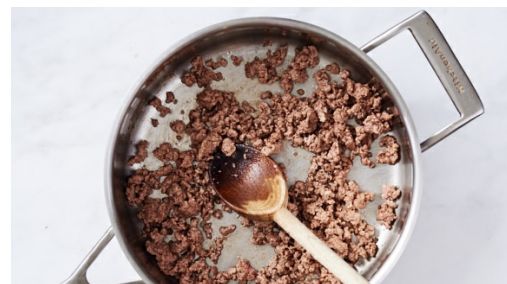
1. Prepare ingredients

Bring a large saucepan of salted water to the boil for the pasta. Peel the **carrots**, then finely chop with the **onion** and **garlic**. Coarsely grate the **zucchini**. Crumble the **stock cubes** into a heatproof jug, add the **boiling water** (see staples list) and stir to combine. Pick the **thyme** leaves, discarding the stems.



4. Cook pasta

Meanwhile, cook the **pasta** in the pan of boiling salted water for 10 mins or until al dente. Drain in a colander and lightly drizzle with the **remaining oil**.



2. Brown lamb mince

Heat **half the oil** in a large deep frypan over medium-high heat. Add the **lamb** and cook for 3-5 mins until browned, stirring to break up any lumps. Season with **salt**. Transfer to a bowl, draining any excess liquid if necessary.



5. Make sauce

While pasta is cooking, add the **tomato paste** to the onion mixture. Stir for 1 min, then return the **lamb** with the **thyme**, **1 large pinch of chilli flakes** to taste (see cooking tip), **sugar** and **stock**, and bring to a simmer. Cook, stirring occasionally, for 6 mins or until slightly thickened. Season well with **salt and pepper**.



3. Cook aromatics

Reduce the heat to medium and add the **carrot**, **onion** and **garlic** to the pan. Cook, stirring, for 3-5 mins until softened.



6. Add pasta

While sauce is cooking, finely grate the **parmesan**. Add the **pasta** and **zucchini** to the thickened sauce, and stir to combine. Season with **salt and pepper**. Divide among bowls and scatter over the **parmesan** to serve.