

# DINNERLY



## Italian Lamb Pasta with Zucchini



30-40 minutes



2 Servings

With lamb mince and dried Italian herbs in a rich tomato sauce, this cheat's ragu hits bowls in next to no time. Simply toss with fresh zucchini and pasta, sit back and watch the hordes dive in.

## WHAT WE SEND

- tomatoes, crushed, can
- carrots
- Italian herbs <sup>17</sup>
- spaghetti <sup>1</sup>
- zucchini
- grass-fed lamb mince

## WHAT YOU NEED

- chilli flakes
- garlic clove
- olive oil
- sea salt and pepper
- water

## TOOLS

- large frypan
- large saucepan

Our veggies come straight from the farm, so please wash them before cooking.

## COOKING TIP

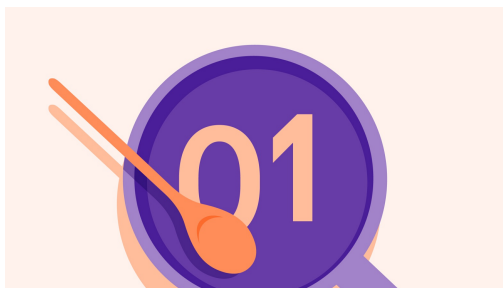
If less heat is preferred, add chilli to taste or leave out and serve at the table for those who like it.

## ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

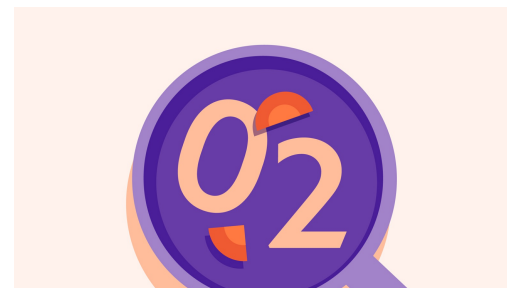
## NUTRITION PER SERVING

Energy 730kcal, Fat 28.5g, Carbs 103.1g, Proteins 45.3g



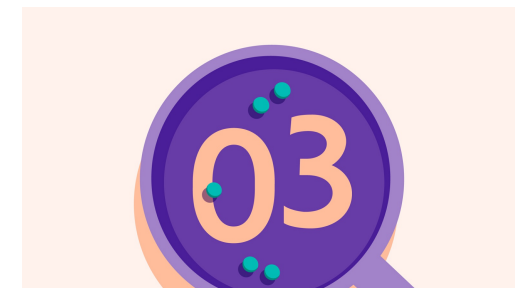
### 1. Prep ingredients

Bring a large saucepan of salted water to the boil for the pasta. Finely chop **1 garlic clove**. Peel and finely chop the **carrot**.



### 2. Brown lamb

Heat **3 tsp olive oil** in a large frypan over medium-high heat. Cook the **garlic** and **carrot**, stirring, for 2-3 mins until softened. Add the **lamb** and cook, breaking up with a spoon, for 3-5 mins until browned. Season with **salt and pepper**.



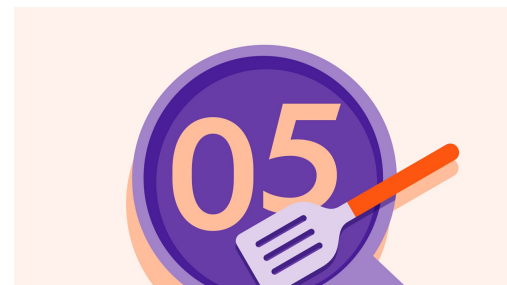
### 3. Simmer sauce

Add **2 tsp dried Italian herbs** and **½ tsp chilli flakes**, or to taste and cook, stirring, for 1 min. Add the **tomatoes** and **80ml (⅓ cup) water** and bring to a simmer. Cook for 6 mins or until thickened slightly.



### 4. Cook pasta

Meanwhile, cook **¾ of the pasta** (reserve remainder for another use) in the pan of boiling water for 6-8 mins or until al dente. Drain.



### 5. Get ready to serve

While the pasta is cooking, coarsely grate the **zucchini**. Add the zucchini and **pasta** to the sauce and toss to combine. Season with **salt and pepper**, divide among bowls and serve.



### 6. Kitchen hack

Got parmesan? Finely grate and scatter over to serve.