

# DINNERLY



## Italian Lamb Pasta with Zucchini



30-40 minutes



4 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

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

### 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

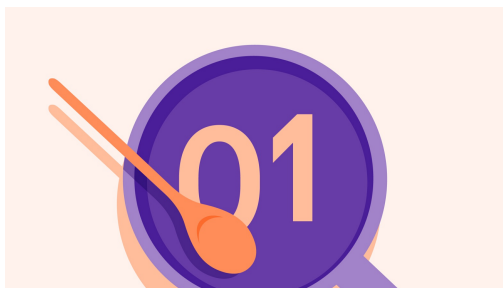
If less heat is preferred, add chilli to taste or leave out and serve at the table for those who like it.

### ALLERGENS

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

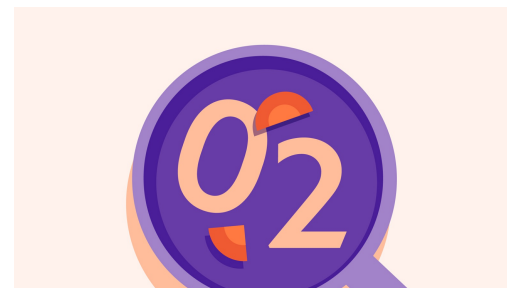
### NUTRITION PER SERVING

Energy 715kcal, Fat 13.1g, Carbs 100.7g, Proteins 44.3g



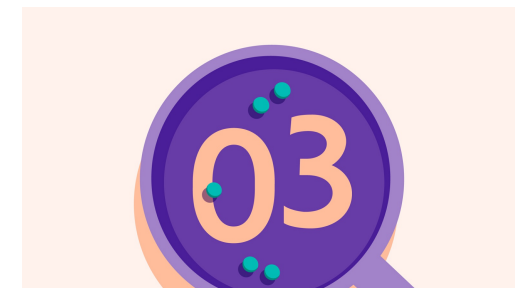
#### 1. Prep ingredients

Bring a large saucepan of salted water to the boil for the pasta. Finely chop **2 garlic cloves**. Peel and finely chop the **carrot**.



#### 2. Brown lamb

Heat **1½ tbs 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**.



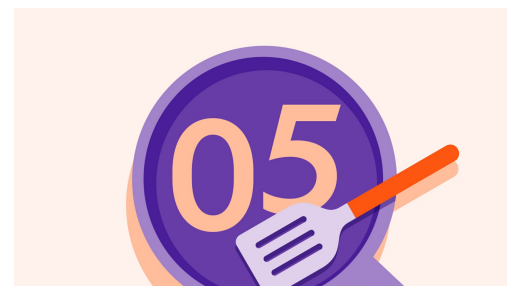
#### 3. Simmer sauce

Add **1 tbs dried Italian herbs** and **1 tsp chilli flakes**, or to taste and cook, stirring, for 1 min. Add the **tomatoes** and **180ml (¾ 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.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)     **#dinnerly**

 Packed in Australia  
from at least 20%  
Australian ingredients