

MARLEY SPOON



Lamb and Thyme Spaghetti

with Zucchini



20-30min



2 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

- carrot
- onion
- spaghetti 1
- thyme, garlic
- zucchini
- lamb mince
- tomato paste
- chicken-style stock cube
- parmesan cheese 7
- mild chilli flakes

What you'll require

- boiling water
- olive oil
- sea salt and pepper
- sugar

Utensils

- large saucepan

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

Cooking tip

The remaining stock cube won't be used in this dish. Because not everyone likes chilli, heat can be avoided by omitting the chilli, or add more or less to suit your taste.

Allergens

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

Nutrition per serving

Energy 825kcal, Fat 33.1g, Carbs 73.5g, Proteins 53.8g



1. Prepare ingredients

Bring a large saucepan of salted water to the boil for the pasta. Peel the **carrot** and finely chop. Finely chop the **onion**. Crush or finely chop the **garlic**. Trim the **zucchini** and coarsely grate. Pick the **thyme leaves**, discarding stems. Crumble **one of the stock cubes** (see cooking tip) into a heatproof jug, add **250ml (1 cup) boiling water** and stir to combine.



4. Cook pasta

Meanwhile, cook **three-quarters of the pasta** (the remaining pasta won't be used in this dish) in the pan of boiling salted water for 10 mins or until al dente. Drain, then return to the saucepan. Add **2 tsp olive oil** and lightly toss to coat the pasta.



2. Brown lamb mince

Heat **2 tsp olive oil** in a large frypan over medium-high heat. Cook the **lamb mince** for 3-5 mins until browned, breaking up any lumps with a spoon. Season with **salt and pepper**, then transfer to a bowl.



5. Finish sauce

Add **half the tomato paste** (the remaining paste won't be used in this dish) to the onion mixture and cook, stirring, for 1 min. Return the **lamb** to the pan with **thyme leaves**, a **pinch of chilli flakes** (see cooking tip), **stock** and **½ tsp sugar**. Bring to a simmer and cook, stirring occasionally, for 6 mins or until slightly thickened. Season with **salt and pepper**.



3. Cook vegetables

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



6. Get ready to serve

Meanwhile, finely grate the **parmesan**. Add the **sauce** and **zucchini** to the drained pasta and toss to combine. Season, to taste, with **salt and pepper**. Divide the **pasta** among bowls. Scatter over the **parmesan** to serve.