

MARLEY SPOON



Lamb and Thyme Spaghetti

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

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

What you'll require

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

Utensils

- large deep frypan or saucepan with lid
- large saucepan

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

Cooking tip

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 775kcal, Fat 29.5g, Carbs 73.6g, Proteins 49.4g



1. Prepare ingredients

Bring a large saucepan of salted water to the boil for the pasta. Peel the **carrots** and finely chop. Finely chop the **onion**. Crush or finely chop the **garlic**. Trim the **zucchini** and coarsely grate. Pick the **thyme leaves**, discarding the stems. Crumble the **stock cubes** into a heatproof jug, add **500ml (2 cups) 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 **1 tbs olive oil** and lightly toss to coat the pasta.



2. Brown lamb mince

Heat **1 tbs 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 the **tomato paste** to the onion mixture and cook, stirring, for 1 min. Return the **lamb** to the pan with **thyme leaves**, a **large pinch of chilli flakes** (see cooking tip), **stock** and **1 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.