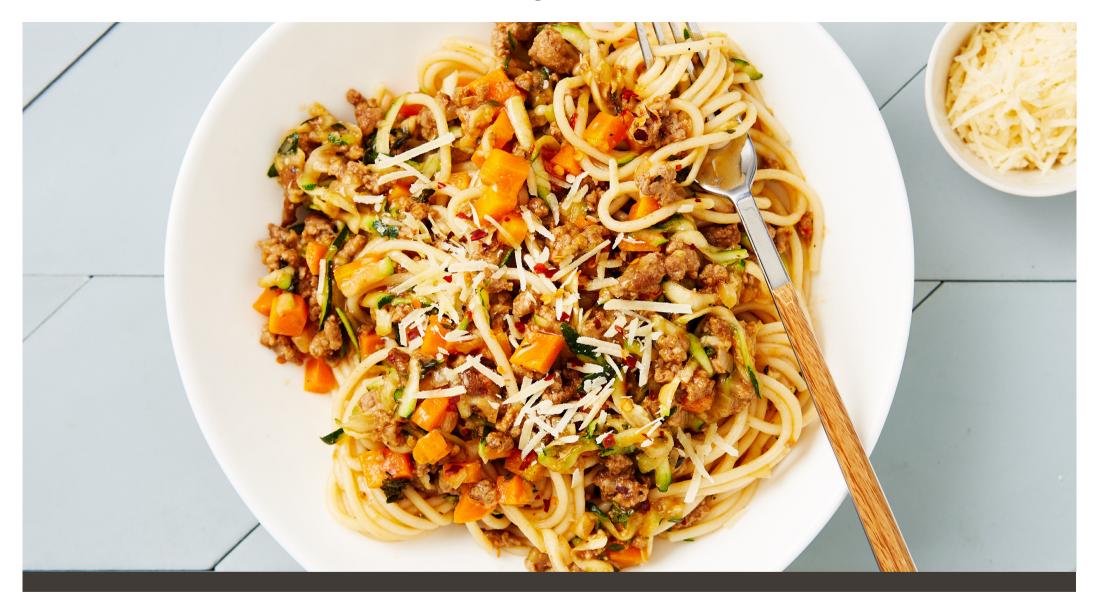
# MARLEY SPOON



# **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 <sup>7</sup>
- spaghetti <sup>1</sup>
- 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.



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.



3. Cook vegetables

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



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.



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**.



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.