

# MARLEY SPOON



## White Bolognese Spaghetti

with Fresh Cherry Tomatoes



20-30min



2 Portions

Spag bol is a year-round favourite, but even a classic needs a twist now and then. Give yours a new look and lighter flavour by ditching the heavy sauce and adding fresh cherry tomatoes instead and use traditional Italian technique to loosen the sauce with starchy pasta cooking water to create a delicious, glossy spaghetti that your family will love.

## What we send

- 1
- 15
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\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- boiling water
- extra virgin olive oil
- olive oil
- red wine vinegar 17
- sea salt and pepper
- sugar

## Utensils

- colander
- medium saucepan with lid

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

## Cooking tip

Starting with a cold pan ensures the nuts toast evenly and prevents them burning.

## Allergens

Gluten (1), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 795kcal, Fat 29.8g, Carbs 75.3g, Proteins 50.2g



### 1. Prepare vegetables

**Read through the recipe.** Finely chop the **onion**. Peel and finely chop the **carrot**. Finely chop the **celery**. Crush or finely chop the **garlic**. Halve the **cherry tomatoes**.



### 2. Toast almonds

Bring a medium saucepan of salted water to the boil for the spaghetti. Put the **almonds** in a cold medium deep frypan and toast, tossing, over medium heat for 3-4 mins until evenly golden (see cooking tip). Remove from the pan and reserve the pan.



### 3. Cook vegetables

Crumble **1 stock cube\*\*** into a heatproof jug, add **125ml (½ cup) boiling water** and stir to dissolve. Heat **1 tbs olive oil** in the reserved pan over medium heat. Add the **onion, carrot and celery**, season with **salt and pepper** and cook, stirring regularly for 5 mins or until softened.



### 4. Cook bolognese

Increase heat to medium-high. Add the **beef mince** and **garlic** to the **vegetables** and cook, breaking up the lumps with a spoon, for 4 mins or until browned. Add the **stock, cherry tomatoes, 1 tbs tomato paste\*\*, 1 tsp red wine vinegar** and a **pinch of sugar** and bring to a simmer. Reduce the heat to medium and cook for 5 mins or until the liquid is reduced by half.



### 5. Cook spaghetti

While the bolognese is cooking, cook **three-quarters of the spaghetti\*\*** in the pan of boiling water for 8 mins or until al dente. Reserve **60ml (¼ cup) cooking water**, then drain the spaghetti and return to the pan.



### 6. Prepare to serve

Meanwhile, chop the **oregano**, discarding the stems. Stir the **oregano** into the **beef mixture**. Taste, then season with **salt and pepper**. Add the beef mixture and **reserved cooking liquid** to the **spaghetti** and toss to combine. Divide the **bolognese pasta** among bowls. Scatter over the **almonds** and drizzle with **extra virgin olive oil**, if desired, to serve.