

DINNERLY



Lamb Spag Bol with Grilled Zucchini

 20-30 minutes  2 Servings

Everybody loves a good spag bol, but this twist with lamb boosts the flavour – and your daily veg quota – with ribbons of herby grilled zucchini.

WHAT WE SEND

- 1
- 17

WHAT YOU NEED

- olive oil
- sugar
- worcestershire sauce ⁴

TOOLS

- large frypan
- large saucepan
- oven tray

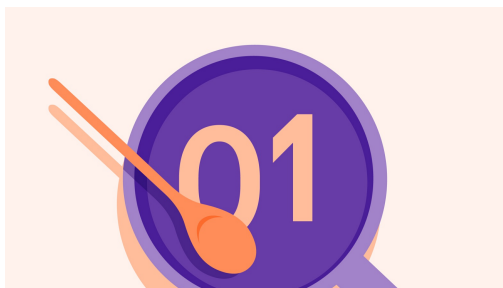
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Fish (4), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 805kcal, Fat 20.4g, Carbs 106.1g, Proteins 43.1g



1. Prep ingredients

Bring a large saucepan of salted water to the boil for the pasta. Crush or finely chop **2 garlic cloves**. Finely chop the **onion**. Thinly slice the **zucchini** lengthwise (see Make it yours).



2. Cook pasta

Cook **half of the pasta** (the remaining pasta won't be used in this dish) in the pan of boiling water for 7-9 mins until al dente. Reserve **60ml (¼ cup) cooking water**, then drain the pasta.



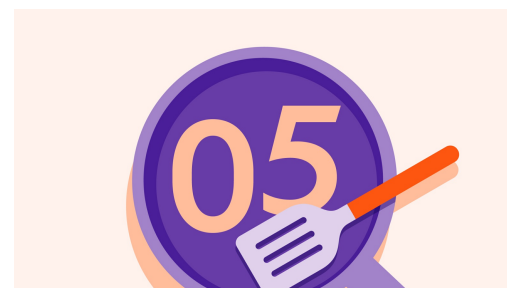
3. Brown lamb

Meanwhile, preheat the grill to high. Heat **2 tsp olive oil** in a large frypan over high heat. Cook the **lamb mince, onion, garlic** and **2 tsp Italian herbs**, breaking up the lumps with a spoon, for 5 mins or until browned.



4. Simmer sauce

Add the **tomatoes, cooking water, 1 tbs worcestershire sauce** and **1½ tsp sugar** to the pan and bring to the boil. Reduce the heat to medium and cook, stirring occasionally, for 5 mins or until slightly thickened. Add the **pasta** to the sauce and stir to combine. Taste, then season with **salt and pepper**. Remove the pan from the heat.



5. Grill zucchini and serve

Meanwhile, put the **zucchini, ½ tsp Italian herbs** (the remaining herbs won't be used in this dish) and **2 tsp olive oil** in a bowl. Season with **salt and pepper** and toss to combine. Put the zucchini in an even layer on an oven tray and grill for 2-3 mins each side until golden. Divide the **pasta** among bowls, top with the **grilled zucchini** and enjoy!



6. Make it yours

If you've got little ones who aren't fond of zucchini, you can easily camouflage it by coarsely grating and adding to the mince at the end of Step 3 – they'll never know it's there. If you like, scatter generously with grated parmesan or cheddar before serving.