



PICKY EATER PROOF

Summer Beef Bolognese

with Tomatoes, Spinach & Spaghetti



20-30min



4 Servings

Bolognese typically simmers for hours, creating a rich, deeply flavored meat sauce. For this lighter but equally flavorful take on bolognese, grass-fed ground beef is cooked in a sauce, then tossed with pasta, marinated cherry tomatoes, and fresh basil.

What we send

- shallot
- Parmesan ⁷
- grape tomatoes
- spaghetti ¹
- tomato paste
- fresh basil
- baby spinach
- grass-fed ground beef

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar
- sugar

Tools

- colander
- pot
- skillet
- microplane or grater

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 900kcal, Fat 35g, Carbs 97g, Proteins 48g



1. Cook pasta

Bring a large pot of **salted water** to a boil. Add **pasta** and cook, stirring occasionally to prevent sticking, until al dente, 9-10 minutes. Reserve **¾ cup pasta water**, then drain, add pasta back to pot, and toss with **2 teaspoons oil** to prevent pasta from sticking. Set aside until step 6.



4. Brown beef

Heat **1 tablespoon oil** in a large skillet over medium-high. Crumble **beef** into skillet and season with **1 teaspoon salt**. Cook, undisturbed, until deeply browned underneath, 2-3 minutes. Transfer to a large bowl (beef will not be cooked through), leaving **any juices** in skillet. Add **shallots** to same skillet; cook, stirring, until golden and fragrant, 1-2 minutes.



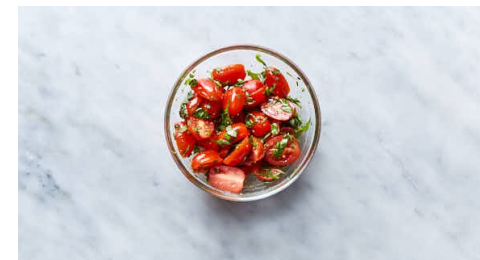
2. Prep ingredients

Meanwhile, peel and finely chop **¾ cup shallot**. Halve **tomatoes** lengthwise. Finely grate **Parmesan**. Pick **basil leaves** from stems, discarding stems. Reserve a few whole leaves for serving, then finely chop remaining basil. Roughly chop **spinach**.



5. Make bolognese sauce

To the skillet, add **¾ cup of the reserved pasta water**, **¼ cup tomato paste**, **2 teaspoons vinegar**, **¼ teaspoon sugar**, and **browned beef**. Reduce heat to medium-low; cook, breaking up beef into smaller pieces, until sauce thickens and beef is cooked through, 2-3 minutes. Stir in more pasta water 1 tablespoon at a time, if too dry.



3. Marinate tomatoes


In a medium bowl, combine **halved tomatoes**, **2 tablespoons oil**, **chopped basil**, **½ teaspoon salt**, and **a few grinds pepper**. Set aside until step 6.



6. Finish & serve

To pot with **pasta**, add **bolognese sauce**, **marinated tomatoes**, and **spinach**; toss to combine, then drizzle lightly with **oil**. Top with **reserved whole basil leaves** and **some of the Parmesan**. Serve with **remaining Parmesan** on the side. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com     **#marthaandmarleyspoon**