



FOR the
Little ones



CHOPPED SPAGHETTI
BOLOGNESE



SPAGHETTI BOLOGNESE

A classic bolognese recipe tossed through spaghetti pasta and topped with parmesan cheese to serve.

 25 MINUTES

 2 SERVINGS

 Beef

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	60g	47g	90g

FROM YOUR BOX

BEEF MINCE	300g
BROWN ONION	1
ZUCCHINI	1
CARROT	1
SPAGHETTI	1 packet
PASTA SAUCE / SUGO	1 jar
PARMESAN CHEESE	1 packet

FROM YOUR PANTRY

salt, pepper, dried oregano

COOKING TOOLS

frypan with lid, saucepan

Make meatballs in tomato sauce instead! Alternatively, toss pasta and sauce, top with parmesan and bake in the oven for 5 minutes until golden.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option – pasta is replaced with GF pasta.



1. BROWN the Beef

Bring a saucepan of water to a boil (for the pasta).

Heat a frypan with **oil** over high heat. Add **beef mince** and cook for 5 minutes while breaking up lumps.



4. COOK the SPAGHETTI

Meanwhile, add **1/2 packet spaghetti** to boiling water and cook according to packet instructions or until al dente. Stir occasionally. Drain and rinse.

tip Stir a few times to ensure the pasta doesn't stick together while cooking.



2. ADD the ONION & SEASON

Finely dice and add **onion**. Season with **salt, pepper** and **1 tsp oregano**.

tip For very picky kids, you can blend the veggies with the sugo before pouring over the cooked beef for a smoother sauce.



5. SIMMER the BOLOGNESE

Pour in **pasta sauce** and **1/4 jar water**. Simmer, semi-covered, for 8-10 minutes.

tip Season with some tomato sauce, balsamic vinegar or sugar if needed!



3. GRATE IN ZUCCHINI & CARROT

Grate **zucchini** and **carrot** (use to taste!). Add to pan as you go. Cook for 3-4 minutes.

tip Use the fine side of your grater to help hide the veggies!



6. FINISH AND SERVE

Serve **spaghetti** and **bolognese** at the table (alternatively, toss them together before serving). Top with **parmesan cheese**.

tip Toss spaghetti with some olive oil to stop it from sticking together!