

for the
little oneschopped SPaghetti
BoLoGNeSe

SPAGHETTI BoLoGNeSe

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



25 Minutes



2 Servings



Beef

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FROM YOUR BOX

BEEF MINCE	300g
BROWN ONION	1
ZUCCHINI	1
CARROT	1
SPAGHETTI	500g
PASTA SAUCE	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.

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

tip Add oil to the pan if needed!



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.



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!



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.



5. SIMMER the BOLOGNESE

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



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!