

for the  
little oneschopped SPaghetti  
BoLoGNeSe

# SPAGHETTI BoLoGNeSe

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



25 Minutes



4/6 Servings



Beef

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## FROM YOUR BOX

|                 | 4 PERSON | 6 PERSON    |
|-----------------|----------|-------------|
| BEEF MINCE      | 600g     | 600g + 300g |
| BROWN ONION     | 1        | 2           |
| CELERY STALKS   | 2        | 3           |
| ZUCCHINI        | 1        | 1           |
| CARROT          | 1        | 2           |
| SPAGHETTI       | 1 packet | 1 packet    |
| PASTA SAUCE     | 1 jar    | 2 jars      |
| PARMESAN CHEESE | 1 packet | 1 packet    |

## FROM YOUR PANTRY

salt, pepper, dried oregano

## COOKING TOOLS

large frypan with lid, large 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!

Wash your veggies and set out all ingredients, 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 large 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 & CelERY

Finely dice and add **onion** and **celery**. Season with **salt, pepper** and **2-3 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**. 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 **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!