



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



4/6 Servings



Beef

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve :	47g/44g	35g/28g	83g/63g
4/6 person			

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



### 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.

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



### 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!