



FOR the
Little ONES



BLENDED SAUCE &
SLICED RISSOLE



BOLOGNESE RISSOLES

Beef rissoles cooked in a bolognese style tomato ragù and served with short style pasta.



30 Minutes



4/6 Servings



Beef

| Per serve | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|-----------|---------|-----------|---------------|
| | 44g/49g | 23g/26g | 114g/93g |

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|---------------|----------|-------------|
| BEEF RISSOLES | 600g | 600g + 300g |
| CARROT | 1 | 2 |
| RED CAPSICUM | 1 | 2 |
| ZUCCHINI | 1 | 1 |
| TOMATO SUGO | 400g | 2 x 400g |
| SHORT PASTA | 500g | 500g |

FROM YOUR PANTRY

butter/oil for cooking, salt, pepper

COOKING TOOLS

large saucepan, large frypan

Young kids? Before serving, blend sauce using a stick mixer until smooth. Quarter rissoles and return to pan to serve with pasta.

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 RISSOLES

Bring a saucepan of water to a boil.

Heat a large frypan with **oil** over medium-high heat. Add **rissoles** and cook for 2-3 minutes each side or until golden. Remove from pan.

tip Re-shape rissoles if needed!



4. Boil the Pasta

Add **pasta** to boiling water and cook according to the packet instructions or until cooked al dente. Drain and rinse. Toss with a little **oil or butter**.



2. COOK the VEGGIES

Finely dice **carrot** and **capsicum**. Grate **zucchini** and add to pan as you go. Cook for 5 minutes or until softened.

tip Peel zucchini prior to grating to hide from the kids! Grate the carrot too, if you prefer!



5. FINISH AND SERVE

Serve **pasta** in shallow bowls and top with **rissoles, sauce** and **salt & pepper** to taste.

tip Top with some cheese if you have it! Toss together sauce and pasta if you prefer.



3. SIMMER the SAUCE

Stir in **sugo** and **1 jar water**. Return the **rissoles** and simmer for further 10 minutes (semi-covered).

6P - stir in 2 x sugo and 1/2 jar water.

tip Add some dried oregano, fennel seeds or chilli flakes for added flavour!